

Exclusive pattern... Your pretty peasant blouse – so simple, so sexy!

prima

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OCTOBER 2015

Hello autumn!

The really smart season

- * Best looks on the high street
 - * New bags & boots at a snip
- All chosen for you...*

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BEAUTY MIRACLES

We've found the new top 40 – YES!

EXTRA

Get home happy!

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- ✓ **Revamp** – Sarah Beeny's clever low-cost ideas with maximum impact
- ✓ **Rescue** – help your kids get on the property ladder

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.....Exclusive.....

Suranne Jones

Talks marriage, nest-building & her love of lists!

COOK IT, EAT IT, LOVE IT!



Lorraine Pascale's new healthy recipes



Delish dinners in a dash!



Autumn's sweet treats

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Prima promotion

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Trousers, £14

The art of smart

Add citrus zing and sleek 1960s style to your
workwear wardrobe this autumn with the new
Citron Frost collection from George at Asda

A woman with blonde hair, smiling, is standing on a staircase. She is wearing a dark blue long-sleeved blouse with a vibrant floral pattern in yellow and teal, and black trousers. She is holding onto a wooden handrail and a decorative wrought-iron balustrade. In the background, there is a large, classical-style painting of a woman in a blue dress sitting on a bench in a garden.

Blouse, £14.
Trousers, £14.
Shoes, £16,
available from
18 October

Show them who's boss this season in formalwear that's feisty, fun and feminine. At George at Asda, sleek silhouettes and textured tailoring combine with pussy-bow blouses and bright bursts of chartreuse, for a simple yet refined collection. A-line mini skirts and monochromatic colours introduce some 1960s sass, and are teamed with oversized blooms and super-sized checks. Taking inspiration from the latest catwalk trends, George at Asda has everything you need to look the business this autumn!

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Bag, £14,
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2 November.

Shoes, £16,
available from
1 October





Coat, £25.
Blouse, £12.
Skirt, £14.
Shoes, £16,
available from
18 October

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*MOST COMMON RATING AMONG 531 WOMEN ON Supersavvy.me.co.uk - 21/05/2015.
SOME WOMEN PROVIDED WITH PRODUCT. MODEL WEARS 5/3 MEDIUM GOLD BROWN.



100% GREY COVERAGE

Welcome

Don't you just love a list?

I don't think I could function without one... at work, my desk currently has six Post-it pads on the go (honestly!), and it's no better at home – and I bet most of you are the same. Our gorgeous, down-to-earth cover star Suranne Jones reveals that she also feels she can only tackle the day when she has written down all her to-dos. 'I write a list for everything – lists are everywhere!' she says.

In the most revealing interview she has ever given, Suranne tells us about her new home with her husband of one year, Laurence, her working life and what really makes her tick – including an obsession with throws! In the Prima office, we were already fans of Suranne – and we love her even more now! Can't wait for her new BBC series *Doctor Foster* to start – it sounds gripping.

Someone else I think lots of us admire is property guru Sarah Beeny. I'm proud to introduce her as a regular contributor to Prima; she'll be exclusively giving us her no-nonsense advice on improving our homes. This month, she has ideas for making changes without lots of fuss or huge costs. And in an era when many of us worry about how our children are going to afford property of their own in the future, our readers' multi-generational homes offer brilliant solutions.

Of course, it's that time of year when one of life's most pressing dilemmas is what to wear! Fortunately, with the greatest fashion team in the business, Prima shows you the best of the new trends on the high street with oodles of tips on how to wear them. I'm busy making my new season shopping list right now...

Gaby

GABY HUDDART, EDITOR

Don't miss the November issue, **ON SALE 2 October**



Introducing Prima's bouquets - Burst of Sunshine and Pretty in Pink (both below) and Marvellous Meadow (see p15)

SPREAD THE JOY

Remember how you felt the last time you received a bunch of flowers... Beautiful blooms are guaranteed to put a smile on someone's face. And I'm so proud to say that Prima has joined forces with Flying Flowers to create a range of three gorgeous bouquets (each comes in three sizes) that we think are right up your street. Whether you give or receive them, I hope they'll give you huge pleasure. For more details, see prima.co.uk/flowers



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TALK TO US We want to hear your news and views



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NEW

THE MIRACLE COLLECTION

Transform your look with the Miracle Collection. Facefinity All Day Primer to hold, new Miracle Match Foundation to blur imperfections and nourish* skin, and Creme Puff Blush for a natural flush of colour.

The Miracle Collection for the perfect nude look.

#MAKEGLAMOURHAPPEN

Recreate Candice's transformation: **Facefinity All Day Primer**, **Miracle Match Foundation**, **Creme Puff Blush** in Alluring Rose

*Nourishes with hydration



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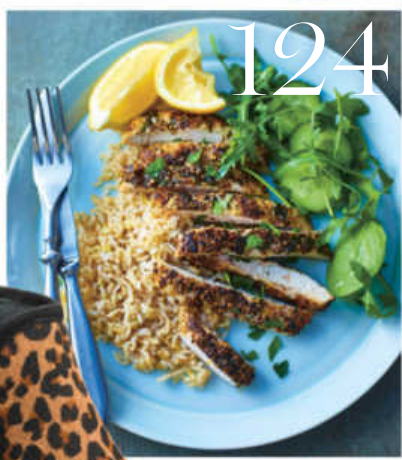
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SHIFT A SHADE & FIND YOUR
TRUE COLOUR

I've been the same shade
of red for years, but it's time to
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Looks so natural, I almost
forgot I was a redhead!

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**nice'n
easy**

CLAIROL

Christina Hendricks in Nice'n Easy 8G Natural Honey Blonde

*based on 12 months IRI colourants unit sales ending January 2015. ©2015 P&G

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*Prima's newsletter is going daily and
you really don't want to miss it...*



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The Prima chat room

What you're doing, sharing and talking about this month

A CLASS ABOVE!

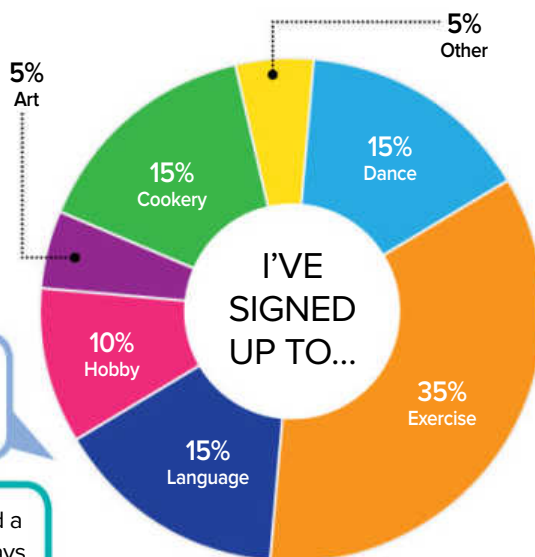
A survey has revealed that 87% of women think that joining a class is a great way to meet new people*. Here's what activities you're having a go at this year...

f FACEBOOK FEEDBACK

Helen Owen Ingram: Zumba is great! The hour whizzes by and before you know it, you've danced off 500 calories and put a smile on your face!

Rachel White: I've just signed up to an eight-week Spanish course. I'm hoping to at least be able to order sangria at the end of it!

Jo Wilson: I go to a weekly Zumba class and a monthly craft club. They're fun in different ways.



TOP TWEETS

@LarnerLaura Body Pump is amazing. I'm a 45-year-old mum of two and the fittest I've ever been because of these classes.

@helen_read Pilates and body combat classes.

*National Survey for the Exercise Move Dance Campaign, conducted by YouGov

WHAT'S IN THE PRIMA INBOX?

Get set, BAKE!



I purchased *The Joy of Baking* and am absolutely delighted. It's a fab, easy to follow recipe book, which I would highly recommend. I'm not an overly confident cook but as the recipes are so encouraging, I thought I'd try making the raspberry cream slices. They turned out exactly like the photo and were delicious! I have since made Cornish pasties, mini meringues and lemon drizzle bars. And, I've used a piping bag for the first time! One very happy cook. **Jen Dyson** via email

Dream curl

I was very pleased to receive your e-newsletter on 10 July, as I was intrigued by the new technique of 'plopping', for getting curls without using a hairdryer. I found that, after a couple of practices, my curls look the best they ever have! Before, if I got caught in the rain, my hair would have been an uncontrollable, frizzy mess, but now my curls keep their structure much better. Thank you! **Melanie Willoughby** via email



Hello flat tum!

I would like to thank your nutritionist Juliette Kellow from the bottom of my heart for the fabulous flat tum diet (July 2015). Having read the science and seen the recipes, my daughter Emma and I thought we would give it a go for a fortnight. I have gone from a size 16 to what appears to be a perfect 14, and Emma is back into her size 10 clothes. We've also developed a healthier mindset. **Lesley** via email



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TAKE YOUR HAIR TO PARADISE





HARVEST FESTIVAL

These fabulously fruity Kilner jars are ideal for serving warm and cold drinks alike. **Handled jars**, £3.99 each, Kilner

SAY IT WITH PRIMA FLOWERS!

Treat a loved one to one of the gorgeous bouquets we've launched in association with Flying Flowers. This Prima Marvellous Meadow **bouquet** is from £20.99. For the rest of the stunning range, see prima.co.uk/flowers



TEMPTING TREATS

Curl up on the sofa and indulge your taste buds with these divine **truffles**, £27.50, La Maison du Chocolat



AUTUMN LEAVES

An on-trend print dress will see you through this tricky season beautifully! Woodland shift **dress**, £75, Cath Kidston

Prima loves

Welcome in the new season with these gorgeous autumnal buys

VELVETY SOFT

Protect your skin with this lovely pomegranate, argan and grapeseed range: **body cream**, £22; **shower gel**, £15; and **body lotion**, £16, all Crabtree & Evelyn



TIME FOR TEA & TOAST

Bring sunshine into your kitchen with this enamel **kettle**, £39.95, and **butter dish**, £19.95, both Wild & Wolf at Mini Moderns



A WARM WELCOME

Fill your home with this exotic fragrance that has notes of pink pepper and spices. Harlequin Ruba **diffuser**, £35, John Lewis



THAT'LL DO SPICELY

Wow your guests with this Moroccan-style **bowl**, £6.50, and these **mini tagines**, £15 for three, Comptoir Libanais at Fenwick



Helly & Emma

NUTRISSE *Crème*



Nourished hair means better *Blondes... and Brunettes*

Holly & Davina have some exciting news. Nutrisse has a new, richer formula with 50% more conditioner, with avocado, oil and shea butter. Over 50 gorgeous shades to choose from. Luminous, multi-tonal blondes. Rich, deep, shiny brunettes. Up to 100% grey coverage.

Now with 50% more conditioner.



Colour questions? Let's chat @nutrisse.co.uk

GARNIER

‘My greatest gifts: a good work ethic, precious family & friends’

In her most revealing interview ever, actress Suranne Jones talks work, new marriage, nest-building and her love of lists!

Suranne Jones found fame as Karen McDonald in *Coronation Street*. The 37-year-old has since enjoyed success in theatre productions and TV hits, including *Unforgiven*, *The Crimson Field* and *Scott & Bailey*. Suranne married a year ago and now lives in London with her husband, magazine editor Laurence Akers. This month sees her take the title role in new BBC drama *Doctor Foster*

I'm a real homebody. I was a party girl from the ages of 16 to 24, but now all I want to do is nest. I moved into a new house a few weeks ago, so that applies tenfold; I can't bear to drag myself away. I got married this time last year and my husband is from London, so I sold my place in Manchester and we found a wonderful home in the capital together.

I have these bouts of thinking I'm a Stepford Wife. I don't know why I'm so behind, but someone has just told me about the Pinterest app. You put in key words like 'kitchen', 'blueberry muffins' or 'summer bakes' and all these ideas come up. Oh my God! Now I've found that, I'm looking up things to do with the house whenever I can. I'm taking a little break from work, having finished filming *Doctor Foster*, and I'm decorating each room and making it my own.

You could describe me as a typical Virgo – I have a place for everything and everything has its place. I like things to be tidy. There was an item on *The One Show* the other day about how messiness

supposedly breeds creativity. If that's true, I have no creative bones in my body!

Without a list, I can't function. I write a list for everything: what I need to wear; what I need to iron; what I need to wash; what I need to eat; what I should watch. Lists are everywhere. Once it's written down and out of my head, there's more space for creativity... that's what I say anyway. Tidiness gives me the space to be creative!

I want to organise everything – it drives my friends mad. It means I'm not a relaxed person. If we have Sunday off, I'll say, 'We could go for a walk to such and such place. Maybe we could go for dinner to such and such place.' They all say, 'Stop planning!'

I don't need violins, but we didn't have much spare cash when I was a kid. Mum used to take me to flea markets and jumble sales to buy my clothes. You'd get a jacket for 20p. I'd go into school and say, 'Yeah, we got it from the flea market!'

I still like pottering around junk sales and flea markets to pick up things to upcycle for the house. My husband likes to do that, too. He's just made a beautiful picture frame out of some driftwood from a beach.

There's not much finesse to my arts and crafts, but I'll give it a go. I like adding to clothes or cushions – embellishing them with new covers, edging, this and that. Nothing sparkly – I prefer a more muted vintage look. I got a beautiful picture ➔





Suranne wears: Dress, Pied à Terre at House of Fraser. Jewellery and shoes, Suranne's own

‘My house is homely. I have far too many cushions and throws, but I like that you can always wrap up and cocoon yourself’

Prima people

of birds made out of old letters from an artist online. I love things with history and a story behind them. I would love to start doing more photography, too – it's something I've always loved.

When you work 14-hour days, you really appreciate comfort, security and cosiness when you come home. My house is homely. I have far too many cushions and throws, but I like that you can always wrap up and cocoon yourself. If I had 10 people visiting, they could all put a blanket over themselves because I have them everywhere. Wherever I go, I buy a new throw. My favourite thing in the house is the sofa because it's a four-seater, deep enough to lie down properly and snuggle.

My friends would say I can throw anything into a pot and it's always edible... if slightly unusual. I'll follow a recipe, then look in the fridge and say, 'I could just add this apple.' They go on a culinary adventure when they come to my house. If I make a sandwich, you could be eating what you'd think was ham and cheese and you'd get a surprise halfway through – a bit of Nutella or something! I just can't help myself.

I really love one-pot cooking; old-fashioned comfort food like casseroles and 'tata hash' – what some people call corned beef hash. They're hearty meals I inherited from Mum and Dad. I love cooking a roast, too. I'm great at Sunday dinners, even if I say so myself!

The Great British Bake Off is fantastic TV. All the *Scott & Bailey* girls are huge fans. Lesley Sharp, Amelia Bullmore and I talk a lot about homeware and cooking. We had a bake-off on set for the Alzheimer's Society. The screenwriter Russell T Davies judged. I made blueberry and banana muffins and called them Rachel Bailey's Hot Moist Buns. But that didn't win me the prize, sadly – apparently, it was about taste not innuendo!

I love fashion and buy lots of clothes... for someone I'm not. I have a person in my head who I think can wear all these lovely things. A person who wears a lot of heels... but it's not me. I like to walk everywhere, so I'll always wear my

'My mum and dad taught me the value of friendship, family and to be content with your lot'



Feature: Katherine Hassell **Photos:** Tony Briggs/Camera Press
Hair and make-up: Liz Kitchiner **Suranne wears:** Dress, Darling at Little Black Dress; Jewellery, Suranne's own

Converse trainers – my favourite shoes. You can't walk in heels. I saw a woman this morning who looked beautiful, but was walking like a chicken because she was wearing stilettos. My question is: 'Where are your trainers?'

My style is smart casual. I am most comfortable in jeans and trainers. At work, I get dressed up by other people, but I don't bother at home. On the rare occasion I go to an awards ceremony, it's nice to wear a pretty dress and have my hair and make-up done, but that's not really me.

Doctor Foster was shot in HD and there were so many close-ups, I can't be vain. I've never felt the pressure to have Botox or want to change my face. I was 37 in August and feel very happy with my lot.

Facials and massages are my treat. I love having them with girlfriends. I get quite spotty – I have ever since I was a teenager – particularly when I'm working. It's all the stage make-up clogging your pores. I use a Clean & Clear face scrub – that always works for me. I have a brilliant Clarins serum, too. I use a mix of cheaper stuff for the teenager in me, then spend a bit of pamper money!

I'm quite strict with my diet and I take vitamins. I do need to drink more water, but I'm good at going to the gym. I find it's a good tool for clearing my head. Sometimes, I take my lines with me and get on the running machine with them. I don't have a strict exercise routine, but I do a mix of free weights, yoga, running and a bit of swimming.

The most important lesson my mum and dad taught me was to have a good work ethic. That's been my greatest gift from them. They also taught me the value of

MY FAVOURITE THINGS

My favourite TV show is...

House of Cards. I'm desperate for it to come back. I love those devious characters and the breaking of the fourth wall. I love Robin Wright, and Kevin Spacey is just wonderful. I would love to work with him.

My favourite film is...

The Wizard of Oz. I'll always go back to that. Nowadays, I love anything with Julianne Moore. She's so special on screen. She takes risks and can do anything.

My favourite music is...

quite uncool – what gets me dancing is Motown. I love that and Queen. Freddie Mercury was the greatest performer. Every time I see how he worked an audience, I think, 'I want to play someone like that – with so much charisma they don't know what to do with it.'

friendship, family and to be content with your lot. They're amazing parents.

My older brother Gary and I get on now, but there were a few tantrums along the way. We're very different. I was into drama and he was academic and went off to university. He has two boys now and I see lots of him and his family.

I do lead my nephews astray – I wind them up and let them go. I'm gradually becoming a bit more sensible where kids are involved, though. Maybe that's because I'm wanting to build up to being a parent myself. I'm putting myself in

their parents' shoes: 'I shouldn't do that or it'll come back later to bite me!'

I was always very talkative at school.

My teacher told my parents to send me to Oldham Theatre Workshop because it would 'channel my enthusiasm'. I think that was a kind way of saying, 'It'll shut her up!'

When I was young, I was a wannabe pop star. I loved Madonna. When I had my first Holy Communion, I wore fingerless white lace gloves like hers. I was obsessed with her and Bros. I wanted to be in musicals and, when I started out, I did a summer season of eight musicals in eight weeks on the Isle of Man.

If you're not academically minded, there is another way. Everyone has their strength. My biggest regret is not taking more of an interest at school. It's so important to be happy and engaged in your formative years and I don't think I was. It wasn't until 25 that I thought, 'I love books, history and researching plays.'

In another life, I might have been a drama teacher. I love what drama in education can do. It stimulates something in those who are not academic. It's so powerful. I've done classes with kids through the charity Cinemagic in Ireland and I've done masterclasses at Jenny James and Lee Boardman's theatre school Actor Tribe. I've also been to Sierra Leone and the Congo with Christian Aid to teach drama.

Drama helps with self-confidence and self-esteem. Some of the children I've worked with in Ireland were so awkward, they couldn't be in a room with other kids. They did three days of drama and were chatting away and sharing lunch. You see them blossom, just from a bit of role play.

To be honest, I'm less of a workaholic now than I used to be. I have a better work/life balance. I was offered a really good job two days ago. It was a great opportunity, but I need a break. I said to my agent, 'I can't do that. I have a holiday booked.' I wouldn't have done that five years ago – I would have cancelled the holiday. You can't go at that pace forever. I love my work, but I'm starting to realise that there are other things.

• *Suranne stars in Doctor Foster, which starts in September on BBC One*

MY LATEST ROLE

Gemma Foster is a hard-working GP in a happy marriage trying to find a balance between being a good mum, a good wife and a good doctor. She borrows her husband's scarf one day and finds this blonde hair on it – her instinct tells her something's not right. Is he cheating? During her investigations, she finds out a lot about her life that she didn't know before because she wasn't looking. I've never had the same experience, but some friends have been through it. What I learned is you can behave in extreme ways and completely out of character. Betrayal can send you over the edge.



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Twist on tradition

In a stylish blend of contemporary and classic, old-school plaids have been given the 'now factor'. Standout trousers are roomy, wide-legged and the only way to dress your legs this autumn.

Wool waistcoat, £65, 8-20, Laura Ashley. Check shirt, £19.99, xs-l, Lindex. Wide-leg trousers, £20, 6-20, F&F at Tesco. Pointed courts, £100, 3-8, Carvela at Kurt Geiger

Hello autumn!

You may still be enjoying the last days of summer, but now's the time to get ahead and whip your wardrobe into shape. All it takes is a few high street buys to update your look

Seeing red

From pillar box to claret, ruby and tomato, red is autumn's head-turning shade. Don't be afraid to go all out from top to toe – you'll appear taller and slimmer! Alternatively, throw a red coat over darker separates for instant glamour.

Belted coat, £150, 8-20, Wallis. Shirt dress, £25, 6-20, F&F at Tesco. Gold earrings, £9; ring, £7, both Wallis. Structured bag, £15.99, New Look






All that glistens

Shirts, skirts and shoes have all been given the razzle-dazzle effect – jewels, beads and sequins are on everything! Who says you can only wear embellishment after dark? A few scattered sparkles can give your casuals a glamorous new spin.

Embellished **blouse**, £50, 8-20, Wallis. Feather lace **skirt**, £139, 6-18, Coast. **Earrings**, £12.50, Wallis. **Tights**, £5.99, s-xl, Charnos

Luxe leather

Listen up! Chic black leather is the perfect trans-seasonal texture. Embrace it with fashion-forward, easy-to-wear culottes and, when the weather turns chilly, simply slip opaques or long boots underneath.

Tassel trim **blouse**, £59, 6-18, Coast.
Leather **culottes**, £75, 6-20, F&F at Tesco.
Earrings, £8, Betty Jackson. Black
at Debenhams. Patent **brogues**,
£79, 3-7, Jones Bootmaker 

Sixties scene

Groovy, graphic and gorgeous, 1960s styles are swinging this season. This retro trend is surprisingly flattering and easy to wear, but remember to keep your look modern and not too costume-like: A-lines, roll-necks, geo-prints and structured ladylike bags give a subtle nod to mod.

Print **coat**, £149, 8-24, Per Una Speciale at Marks & Spencer. Roll-neck **jumper**, £8, 8-20, Primark. A-line **skirt**, £30, 8-20, Wallis. **Necklace**, £10; **ring**, £6.50; **bracelet**, £8, all Dorothy Perkins. Structured **bag**, £39.50, Limited Edition at Marks & Spencer



Victoriana noir

Fashion editors are swooning over autumn's love of black and midnight blue Victorian details. A sumptuous mix of lace, velvet, frills and jacquard textures bring new life to all-black outfits. This decadent trend is perfect for those who don't do colour.

Textured jacket, £110, 16-24, Studio 8.

Lace high-neck top, £32, 8-18, Red

Herring at Debenhams. Jacquard

trousers, £55, 8-20, Julien Macdonald at

Debenhams. Faux fur stole, £35, Dune.

Necklace, £16, Mood by Jon Richard at

Debenhams. Ring, £5, Allusions at BHS.

Lace heels, £99, 3-8, Phase Eight ➔



Tantalising tassels

The difference between a good outfit and a great outfit? Tassels! The movement of swishy fringed hemlines is fun and flirty. They give basics an element of surprise, daytime, night-time, any time.

Just remember to pair with minimalist separates to avoid any potential rodeo vibes!

Tassel **top**, £50, 6-14, Paisie.
Herringbone **trousers**, £169, 6-18, Hobbs. **Necklace**, £25; **ring**, £12, both Principles by Ben de Lisi at Debenhams. Leather **bag**, £125, Love My Soul



Fashion inspiration

Furry nice

Sorry summer, but nothing beats the cosy faux furs of autumn. Want to know the flattering way to wear fluffy coats? Nip in the waist with a belt and wear with slim separates to balance proportions. Low-key colours such as blacks, greys and browns all look luxurious and expensive.

Faux fur **coat**, £189, 8-18, Linea at House of Fraser. Leatherette **trousers**, £14, 8-24, George at Asda. Skinny **belt**, £9 for three, xs-xl, Accessorize. **Ring**, £6.50, Dorothy Perkins



Winter flora

Bloom through the gloom with a hero print. Elegant and energetic, bold digital florals have designer appeal and we just can't get enough. Less girly than summer's pretty bunch, the petal prints to wear now are dark and sexy.

Floral jumper, £65, 6-18, Coast.

Earrings, £12, Butterfly by Matthew Williamson at Debenhams



Elegant bohemia

The 1970s boho spirit is still going strong, but this season it's more grown-up – less hippy and more chic. A roll-neck jumper is the new style staple. You'll see it artfully layered under everything from crisp shirts to drapery maxi dresses – it's a key silhouette of the season.

Maxi dress, £49.50, 8-24, Per Una at Marks & Spencer. Roll-neck jumper, £12.95, xxs-xxl, Gap. Sheepskin collar, £120, Phase Eight. Felt hat, £14.99, New Look. Necklace, £12.50, Wallis. Leather boots, £170, 3-8, Jones Bootmaker ➔



Knit pick

Knitted separates have become a surprise style star and this winter sees super-soft yarns layered from head to toe. Think longline cardigans with knitted skirts, jumper dresses paired with woolly leggings, knitted coats over knitted tunics, finished off with a super-size scarf... toasty!

Long wool **cardigan**, £38; wool **skirt**, £30, both 8-18, Wallis. Lace front **blouse**, £14, 8-20, Matalan. Extra-long **scarf**, £14, Very. Ankle **socks**, £8 for pack of five, Marks & Spencer. Lace-up **brogues**, £69, 3-8, Dune

Photographs: Neil Marriott

Styling: Amanda Marcantonio

Assisted by: Helen Johnson

Hair & make-up: Julie Read



For where to buy, see page 176



elvi.co.uk

ELVI

PREMIUM PLUS SIZE CLOTHING

JUST BOOT-IFUL!

Step forward autumn's most beautiful boots. We've found 29 standout pairs for every style and budget

HEELED ANKLE BOOTS

Meet your new pretty and practical footwear favourite that will prove to be a brilliant buy. These beauties go with everything – from floaty dresses to tapered trousers – and have enough style for work and play.

Clockwise from top: **Black patent**, £39.50, 3-8, Marks & Spencer. **Khaki Chelsea**, £39.99, 3-8, Bonprix. **Tan stacked**, £79.99, 3-8, Mango. **Navy suede**, £65, 3-9, Next. **Taupe zip**, £45, 3-8, Wallis. **Burgundy zip**, £135, 3-8, French Connection. **Metallic snakeskin**, £150, 3-8, Phase Eight

KNEE-HIGH BOOTS

Buckles, exposed zips and soft-as-can-be suede have given this classic boot shape an upgrade for the new season. Team with chunky knits and leather skirts for autumn's chicest pairing. High or low heel? You decide!

Clockwise from top: **Black flat**, £160, 3-8, Jones Bootmaker. **Burgundy heeled**, £99, 3-8, Marks & Spencer. **Tan heeled**, £99, 3-8, Wallis. **Blue flat**, £169, 3-8, Lisa Kay. **Brown flat**, £165, 3-8, Phase Eight. **Grey heeled**, £30, 3-9, F&F at Tesco



FLAT ANKLE BOOTS

From cool Chelseas to lovely lace-ups, these flat-out gorgeous boots will see you from the morning commute to weekends in comfort and style. Always in black? Try timeless tan.



Clockwise from top: **Tan zip**, £14, 3-9, George. **Burgundy zip**, £68, 3-8, Oasis. **Black patent**, £69.99, 2-8, Zara. **Brown snakeskin**, £75, 3-9, Topshop. **Grey Chelsea**, £90, 2-9, Clarks. **Suede fringed**, £85, 3-8, Miss KG at Kurt Geiger. **Navy suede**, £60, 2-9, Clarks. **Black lace-up**, £100, 3-9½, Aldo

FOUND YOUR FAVE? NOW FIND YOUR FIT

Curvy calves? Petite feet? One size definitely does not fit all when it comes to shopping for boots. Here's our pick of the best styles for *you*, plus some expert tips

If you have... CURVY CALVES OR WIDE FEET

YOUR PERFECT FIT

Adjustable buckles and stretch will give muscular calves an extra inch or two. If you like knee-high styles, go for a full-length zip or elastic panels to help you get them on and off easily.



HOW TO SHOP...

- After a custom fit? New British footwear brand Ted & Muffy has a selection of knee-high boots available in more than 20 calf widths. It may cost a little more for made-to-measure, but it will definitely be worth it!
- Is it an investment purchase or a one-season wonder? Choose a neutral leather pair in a classic shape if you want a style that will last. Alternatively, pick an animal print or metallic style to tick off this season's trends.
- It's best to try on boots at the end of the day, when your feet are at their largest.
- When shopping for boots, take along the socks, trousers or dress you want to wear with them to get an idea of the fit and look.

If you have... LEAN LEGS OR SMALL FEET

YOUR PERFECT FIT If you want to add fullness to your narrow calves, choose ruched, stretchy suede or textured knee-high styles to create volume. You don't have to shop in the kids section this autumn – these four pairs are available in UK size 2.



SWEDISH HEARTS BEAT CHOLESTEROL



**Marta Linder,
Stockholm:**

"I wanted to lower my cholesterol without medication. I got the advice to eat Betavivo. My levels are back to normal again – without pills!"



**Lars Kjerrgren,
Stockholm:**

"I have had high cholesterol and been on medication for years. My doctor wouldn't believe it how my levels dropped after I began eating Betavivo!"

Betavivo has changed the way Scandinavians think about lowering their cholesterol levels.

Gone are worries of side effects from pills or having to eat lots of artificially fortified foods.

Now it is all about getting the desired effect – while feeling good.

A daily portion of Betavivo Crispy Oat Hearts gives the full amount of beta-glucan fibre needed.

Beta-glucan has been shown to reduce cholesterol. High cholesterol is a risk factor in the development of cardiovascular disease.

Enjoy Betavivo for breakfast with yogurt or as a snack between meals.

Consumption of beta-glucan as part of a meal will also contribute to a lower blood sugar rise after the meal. Coronary heart disease has many risk factors. Altering one of these risk factors may or may not have a beneficial effect. A varied and balanced diet and a healthy lifestyle are always important.

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Betavivo is available at Holland & Barrett, Lloyds and other leading pharmacies and health food stores.

www.betavivo.co.uk

To have and to hold fab bags from only £16!

Designer-feel for a high-street steal? Oooh, yes please!

*Clean lines
and minimal
fuss create an
expensive look*

Tan, £22.99,
New Look

Black, £35,
Marks & Spencer

Green, £15.99, Zara

Leopard, £20, BHS

Pink, £20, Next

**Mock-croc,
£29.99,**
Zara

Tan saddle, £28,
Topshop

**Burgundy,
£20, Red
Herring at
Debenhams**

Teal satchel, £16,
F&F at Tesco

Pink & navy, £16,
Peacocks

*Mock-croc
adds a
luxé finish*

*A simple, sleek tote
gives an upmarket
edge to any outfit*

Chic for your shape



Burgundy **blouse**,
£39.50, 8-24, Per Una
at Marks & Spencer



Snakeskin **bag**,
£30, Topshop



Floral
blouse,
£30, 6-22,
Dorothy
Perkins



Burgundy
PU **skirt**,
£28, 6-22,
Dorothy
Perkins



Suede-mix
skirt, £55,
8-18, New
Look



Camel **coat**,
£249, 8-22,
Monsoon

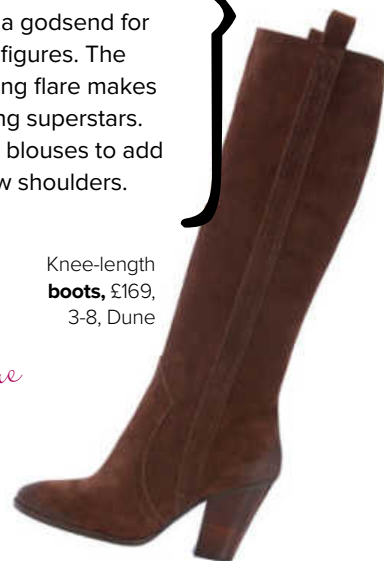
Downplay a pear shape

A-LINE SKIRT + PRINTED BLOUSE

This season it's all about A-line skirts, which are a godsend for bottom-heavy figures. The hip-accommodating flare makes them slenderising superstars. Team with printed blouses to add width to narrow shoulders.

Coats with wide lapels will balance a bottom-heavy figure

Knee-length
boots, £169,
3-8, Dune



New season SHAPE EQUATIONS

Shape up this autumn with our foolproof fashion formulas that work



Tunic, £16;
trousers,
£12, both
8-18; **bag**,
£16; **shoes**,
£22, 3-9,
all F&F
at Tesco



Faux fur
gilet, £59,
10-20, M&Co



Suede **trainers**,
£89, 3-8, Mint
Velvet



Leather
trousers,
£99, 6-24,
Marks
& Spencer



Floral
tunic,
£55, xs-xl,
Hush



White **tunic**,
£69, 8-18,
Mint Velvet



Camel **trousers**,
£89, 6-22,
Boden

Trim a tummy

TUNIC TOP + FITTED TROUSERS

Magic away your middle in tummy-trimming tunic tops and longline blouses worn with form-fitting trousers. The combo of floaty and fitted shapes is your fast track to figure flattery.

Pendant
necklace, £19,
Z Collection
at Accessorize

Keep a few buttons undone to create a torso-slimming V-neck

Swap round-toe boots for pointed styles that extend the leg



Black boots, £129, 3-8, Dune

Grey trousers, £55, 8-16, Atterley



Embellished jumper, £79, s-xl, Monsoon



Striped roll-neck, £32, 6-22, Next



Camel trousers, £45, 8-24, Autograph at Marks & Spencer



Faux fur stole, £59, Jigsaw

Roll-neck jumper, £65; trousers, £110, both 6-18; faux fur stole, £59; fedora, £45; all Hobbs



Get leaner legs

WIDE-LEG TROUSERS + ROLL-NECK JUMPER

Chic wide-leg trousers will skim over heavy hips and thighs and make legs look endlessly long. Choose a pair in a neutral shade with a sharp front pleat to visually streamline. Wear with a fitted roll-neck to add warmth but no extra bulk.

Nude belts, £10 each, s-l, Accessorize



Broderie shirt, £79, 6-16, La Redoute



Have a belt on standby to create curves in all the right places



Denim skirt, £25, 12-32, Simply Be

Create a waist

PENCIL SKIRT + SLEEK SHIRT

Define your waist in a figure-loving pencil skirt. The slightly higher waistline will hug you at your smallest point. Look for heavier fabrics, such as denim and wool, to help smooth your silhouette. Keep your shirt tucked in to accentuate your shape.



Striped skirt, £45, 6-18, Oasis



Lace cardigan, £65, xs-xl, Coast

Up to size 32



Burgundy heels, £179, 3-8, Jigsaw



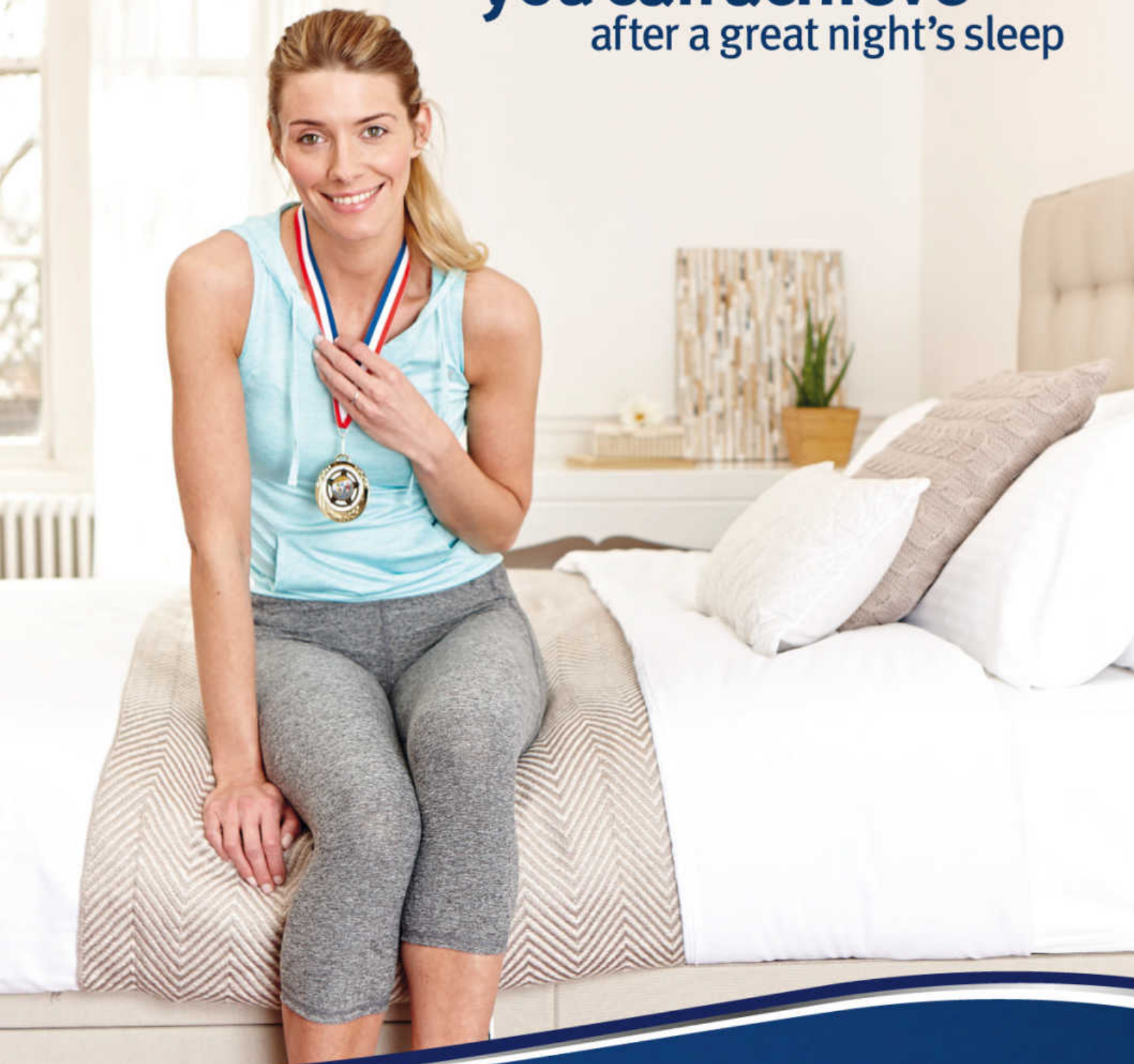
White blouse, £14, 10-24, Bonmarche



Earrings, £10, River Island

For where to buy, see page 176

it's amazing what
you can achieve
after a great night's sleep



After a great night's sleep you awake feeling you can achieve anything. Whether that's having the stamina needed to go the extra mile or doing whatever it is you put your mind and body to. At Silentnight, we make quality sleep solutions for all the family, designed to give ultimate comfort, support and total peace of mind. That's the secret to a great night's sleep.

For more information visit silentnight.co.uk/sleep-for-success



The secret to
a great night's sleep



Something for the weekend

Introducing Gray & Willow, the new fashion and homeware brand from House of Fraser. With its soft colour palette and pared-back Scandi feel, it's our new stop for super-cool jackets, brilliant basics and relaxed layers to wear after hours.



ABOVE, LEFT:
Coat, £199.
ABOVE, RIGHT:
Waistcoat,
£59. RIGHT:
Blouse, £59.
All 8-20, Gray
& Willow



Jacket, £139;
T-shirt, £27;
trousers, £65,
all 8-20, Gray
& Willow

Buy it, wear it, love it!

20% OFF* FABULOUS HOTTER COLLECTION

For super-stylish shoes, beautiful boots and gorgeous accessories for your new winter wardrobe, hotfoot it to Hotter. The company is offering Prima readers an exclusive 20% discount online and in-store*.

● Enter **PRIMA20** at the checkout at hotter.com, or take this page to your local store for your discount. Valid from 5 Sep to 4 Oct 2015.



Bag, £65,
Hotter

Shoes, £65,
3-9, Hotter

MODERN VINTAGE

Tying in with this season's trend for nostalgia comes a timely project from Cath Kidston. The brand has delved into its archives to bring its most-loved signature prints back to life. Expect to see polka dots, cowboys and rose prints reissued on colourful clothes and accessories.

Dress, £65, 6-18;
cardigan, £45,
xs-l; **socks**, £6, all
Cath Kidston



The Way We Wore (Macmillan, £16.99), a new memoir by Daphne Selfe, is a celebration of the supermodel's lifelong love affair with clothes and fashion. Full of stunning photos, it's a must-have for every fashionista's bookshelf!



For where to buy, see page 176

NEWSFLASH!

Prima's first ever fashion collection coming soon!



I'M INCREDIBLY EXCITED TO REVEAL that I have joined forces with Elvi to design a special 10-piece premium party range, available in sizes 14-26. After being in the fashion industry for 15 years, I've noticed that curvier women are not offered what their size 10 friends are, especially when it comes to evening wear. I hope this Elvi Prima collection changes the misconception that larger women want to be invisible. Expect modern shapes, decadent details and exquisite fabrics that offer real glamour and celebrate curvy figures. Launching October. See the November issue for a first look at the collection!



MUSCLES & JOINTS

The efficacy of nature

MUSCULAR OR JOINT PAIN?

Proven efficacy*

THE SOLUTION:

PURESENTIEL MUSCLES & JOINTS ROLLER
THE NATURAL PAIN KILLING SOLUTION
14 ESSENTIAL OILS

Puresseentiel Muscles & Joints Roller

provides an express massage on sensitive areas (back, shoulders, knees, elbows). The acupressure effect of the rolling ball massager combines 100% natural essential oils with relaxing scents, allowing a direct and targeted action on painful areas, without getting your hands dirty at any time of the day. Its efficacy is guaranteed to be naturally soothing, fast and long lasting!



IMMEDIATE RELIEF: 93%*

LONG LASTING CALMING EFFECT: 88%*

MORE SUPPLE MOVEMENTS: 100%*

TO SOOTHE AND RELAX MUSCLE TENSION

> **Puresseentiel Muscles & Joints Heating Patch** is ideal for all body areas and does not peel off the skin. Its formula is made from 100% natural origin ingredients, combining 14 essential oils and Capsicum, which provides a pleasant feeling of warmth for 8 hours and promotes relaxation of the muscle.



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and in independent pharmacies +

Discover the whole Puresseentiel Muscles & Joints range at www.puresseentiel.co.uk

Puresseentiel Muscles & Joints Roller is a medical device bearing the CE mark. Read the instructions before use.

* % of people satisfied. Clinical efficacy study and satisfaction tests conducted on 43 people during 4 weeks.

Life's better with Prima

Learn to love STRESS...

IT'S GOOD FOR YOU!

Modern life can put us all under pressure, but by embracing stress rather than avoiding it, you can make it work for you

Worried about work? Fretting about family? Tense from everyday irritations? These days, stress seems almost inevitable and can be overwhelming. But while stress has long been hailed as a health baddie – increasing your risk of everything from colds and headaches to diabetes and cardiovascular disease – new research suggests it may not be damaging. One study, in particular, turned accepted thinking on its head when it found that choosing to look at pressure in a more positive light could be your passport to a healthier, happier life.

The US study tracked 30,000 adults for eight years and found that, although those who experienced high levels of stress in

the final year had a 43% increased risk of dying, this was only true if they perceived tension as harmful. In fact, those who had a lot of angst but didn't view it as hazardous actually had a lower risk of dying than those with a tension-free life. In a nutshell, it's the combination of stress and the belief it's damaging that's bad for you.

The cheerleader of this new way of thinking is leading health psychologist Kelly McGonigal, author of *The Upside of Stress* (Vermilion, £12.99), who urges us not to see stress as the enemy. 'When you change your mind about stress, you change your body's response to it,' she says. 'The best way to manage stress is not to avoid it, but to rethink and embrace it.' Here are the latest ways to do just that...

MAKE THE CHANGE

OLD THINKING 'My pounding heart is a sign I'm not coping'

NEW THINKING 'My pounding heart is a sign my body is ready for the challenge'

WHY? 'You might interpret a fast heartbeat, deep breathing and breaking into a sweat as signs you're not handling a situation well, but it's more helpful to view them as signals that your body is ready for whatever is thrown at you,' says Kelly. 'Deep breathing gets more oxygen to your brain, while a quickened heartbeat energises your body.'

Need more convincing that butterflies are a good thing? In one US study, those





3 ways to reframe your worries

1 Try the 'bigger than self' perspective

When you feel alone in your woes, take a few minutes to see your situation as common rather than unique. View what you're experiencing as part of human life – as cruel as it can sometimes be. According to Kelly, this will help you feel less isolated in your thinking. 'When you shift and think beyond yourself, to who else is struggling and what they're going through, you can use your struggles as a catalyst for helping others. This has the knock-on benefit of boosting your own health and wellbeing.'

2 Ask yourself the 'Everest' question

'Can you imagine a mountaineer scaling Mount Everest and saying, "This is such a hassle"?' says Kelly. 'Everyone has their own Everest and if you find yourself thinking that something isn't worth the challenge, it's good to remember that the most meaningful challenges in your life will come with a few dark nights. One of the benefits of embracing stress is that it helps you find the strength to pursue goals, which can be life-enhancing.'

3 Turn your nerves into excitement

If you have a stressful event on the horizon, instead of freaking out think, 'This is good. This is my body trying to help me perform.' 'Rather than trying to manage your stress, channel your energy into positive thoughts so you're able to make the most of what's ahead,' says Kelly. Embrace those nerves, tell yourself you are excited and give it your all.

who saw their stress response as helpful were not only less anxious and more confident, but their blood vessels stayed relaxed, which is better for heart health. 'Over a lifetime of stressful experiences, just changing your thinking could make the difference between a stress-induced heart attack in your fifties and living well into your nineties,' says Kelly.

MAKE THE CHANGE

OLD THINKING 'I need to avoid all stress'

NEW THINKING 'I need to get better at handling stress'

WHY? 'It's unrealistic to think you can get rid of all stress, but you can get better at coping with it,' says Kelly. 'As well as remembering that your body is helping you rise to the challenge ahead, realise that the only thing you can control about stress is how often you think about it. When you shift your mindset to positive, your body believes the positivity and your stress responses aren't so harmful to your health. Not only that, but you also switch your mind to more solution-based thinking, helping you to tackle problems.'

MAKE THE CHANGE

OLD THINKING 'Stress makes me want to hide in my shell'

NEW THINKING 'Stress is inspiring me to connect with other people'

WHY? 'When you're stressed, your body releases the hormone oxytocin, which is also known as the "cuddle hormone",' says Kelly. 'This hormone inspires you to reach out to others, either to seek support or to offer help, which in turn releases more oxytocin. This hormone has health benefits, helping heart cells heal and regenerate from stress-induced damage.'

So how do you make the most of this health-boosting hormone? By talking to others. One British study found that stressed-out people who made time to help friends and people in their community had zero stress-related increase in mortality rates. So next time you're overwhelmed, look for ways to do something for someone else. 'Your brain might tell you that you don't have the time or energy, but that's exactly why you should do it,' says Kelly. 'It will get you into a positive mindset, which helps you cope with the challenges in life.'

MAKE THE CHANGE

OLD THINKING

'Stress is a burden'

NEW THINKING

'Stress is a signal that I care'

WHY? 'Stress arises when something you care about is at stake – not because you're inadequate or can't cope with the challenges in your life,' says Kelly. 'The only reason you're fretting is because it means something to you. Once you understand these meanings, you'll feel more in control.'

Kelly suggests that next time you feel twitchy, don't choose an unhelpful response, such as thinking 'I'm not cut out for this job', or 'I can't help my children'. Instead think, 'Okay, I feel a bit overwhelmed right now because something I care about is at stake' – and then respond accordingly. Maybe you need to stand up for yourself at work or apologise to someone as their relationship to you really matters. 'By recognising the meaning of your stress, and tackling it in a way that's consistent with your values, you'll ultimately be happier,' says Kelly.



Karndean
Designflooring

Crayon vs. Karndean: Anna's Story

"I remember a week after we'd had Karndean laid in the lounge we had family visit. The kids were in the living room colouring, and I walked in to find a great big yellow line of crayon across the floor!"

"But I needn't have worried because it cleaned off so easily - it took less than five minutes and I learnt a lesson that day!"

Watch Anna's story at:
karndean.com/anna



Classic and durable,
Karndean is perfect for your
home, giving you a practical
and beautiful looking floor.

Ready to start your
Karndean story?
www.karndean.com





A stranger changed my life

Forget the old adage about not talking to strangers, say these readers – chance encounters can turn your life around

'My inspiration came from a woman on the train'

Hannah Williams, 42, lives in London with her partner Phil, 52, and their children, Alice, seven, and Florence, four.

Feeling slightly the worse for wear after a friend's 40th birthday party in Manchester, I inwardly groaned when the woman opposite me on the train home to London started talking to me. I'd hoped for some peace and quiet but then warmed to her when she asked if I wanted to read her old magazine. I explained that my head was hurting too much to concentrate, which made her laugh, and then we got chatting.

Blonde, pretty and in her mid-twenties, she was really excited because she'd just got a new job in London and she asked me about living there. She assumed that I owned my own house and was surprised when I said that, like many other people my age, I rent because I don't have the huge deposit needed to buy my own property. She asked me how to go about finding a place to rent and said, "How do I know if a landlord is trustworthy or not?" It made me realise that I could recommend a reasonably priced Pilates class but couldn't help her navigate the rental

job in PR, it wasn't easy, but I'd set my alarm for 5.30am and do an hour's work before the children woke up. Some days I was exhausted, but I really believed in the idea. My partner Phil was supportive, too, and when I was happy with the system, I launched RentalRaters in May 2014. I'll never forget how thrilling it was to see the first review go up on the website.

It's gone better than I could ever have hoped. We have more than a thousand members and get a steady stream of reviews. One person even tweeted that they were put off a property after

hearing bad reviews about a landlord, so I like to think I saved them from a horrible experience. We've also had people comment on amazing landlords, which is lovely. Either way, I've made sure there's a robust code of conduct we adhere to and landlords always have the right of reply.

I still work in PR, but who knows what will happen if RentalRaters takes off. It's free to use and I want it to be the first place that would-be renters turn to for advice.

I think about the girl on the train all the time and how she has no idea of the path she set me on – she was my inspiration.'

'I lost weight and got my dream job after talking to a stranger'

Claire-Louise Hardie, 46, is from Porthcawl, South Wales. She lives with her partner Tim.

When I first started my business in 2009, I created a mood board outlining my goals for the future. On it, I said that I wanted to work for the BBC, write a book and make a success of my sewing classes. At the time, these felt like impossible goals. I was a size 16, weighed 11st 5lb (far too heavy for my 5ft 2in height) and hated putting myself in the spotlight.

Although I've never been a wallflower, my size definitely sapped my confidence. I first started to gain weight when I gave up smoking in 2007. With a busy job as a wardrobe mistress in a theatre, I grabbed quick, unhealthy foods such as pre-packed sandwiches or ready meals. My weight crept up until people started offering me seats on public transport, thinking I was pregnant! And seeing photos of myself would reduce me to tears.

After setting up The Thrifty Stitcher, offering people sewing classes and dressmaking courses, I attended various networking lunches where I would feel very self-conscious. Although I'd always loved clothes, I began wearing big, shapeless dresses to cover



'I'll never forget how thrilling it was to see the first review go up'

minefield. We chatted the whole journey, then I wished her luck and we parted ways.

We didn't even swap names but, a few weeks later, she sprang to mind when my friend Chris told me about his terrible experience with a landlord. I thought back to our conversation and it dawned on me there should be somewhere where people can vet landlords. It seemed ridiculous that there was no safety net for people making such a big decision. That's when I decided to set up a website where people could rate their landlords and leave reviews.

SETTING UP A BUSINESS

Inspired, I spent months researching the idea, then paid £2,000 to a website designer and started working on it in earnest. With two children and a full-time



my bulk, along with quirky hats to distract from my weight.

CURBING CRAVINGS

It was at one of these networking events, in March 2011, where I first noticed a slim, attractive woman talking about her diet business, the Jane Plan. I imagined that, looking the way she did, she'd be quite aloof, but then I overheard her talking kindly to someone about their weight problem and realised I'd misjudged her. We had a chat about my issues and Jane was warm and encouraging. She didn't make false promises but was very positive and non-judgemental.

Inspired, I researched her plan (janeplan.com), which involves

a monthly delivery of a hamper containing healthy food. She provides all meals and snacks, and all you need to do is add fresh fruit and vegetables. I'd unsuccessfully tried various diets before, but I felt this would suit my hectic lifestyle. It would liberate me from having to think about food during 12-hour days and, at £70 a week, it actually worked out cheaper than my usual shopping bill.

At first, I felt hungry and craved sugar. But it soon became easier and I lost around 2lb each week. Whenever my willpower crumbled, Jane would support me on the phone and, by November that year, I'd slimmed to 8st 10lb and was a size eight!

My confidence soared, so when the BBC approached me in 2012 about

'Whenever my willpower crumbled, Jane would support me'

working on *The Great British Sewing Bee*, I agreed to attend an interview. I made a shift dress from blue 1960s tweed and felt a million dollars. I would never have had the confidence to wear it before, and decided that even if I didn't get the job, it didn't matter as I was presenting the best version of myself. I was thrilled to then be offered the role of sewing consultant and now I'm sewing producer.

My days involve setting the challenges, contributing to the scripts, supporting the contestants and making sure we have enough materials. It's challenging and emotional but I love it and I'm always the one jumping around behind the camera when one of my favourites does well.

I've also written a book linked to the series. To promote it, I wrote a 30-day blog, making and modelling one of my creations each day. Before, the thought of posing for the camera would have made me feel sick, but now I don't even flinch!

I'm really living my dreams now and I definitely owe it all to starting a conversation with a stranger.'

'Taking my dog for a walk led me to the love I never thought I'd find'

Rachel Bown, 50, lives in High Wycombe, Buckinghamshire, with her husband John, 55, and her two children, Joseph, 17, and Lois, 15.

Standing outside the busy cafe on a hot May bank holiday, I looked around in frustration for somewhere to tie my terrier Luca. I was desperate for a cup of tea, so, when I spotted a man with a friendly looking face, I asked him if he'd mind holding Luca while I dashed inside. He agreed and when I came back out we started chatting. He introduced himself as John and we ended up getting a table and talking over tea and rock cakes. And, as we got on so well, we agreed to meet in a pub two days later. I certainly wasn't looking for love, but he was such a gentleman that I liked the idea of seeing him again.

There was something about John that made me lay my cards on the table on our second date. "I need to tell you something because I don't want any secrets between us," I blurted out. Then I explained that two years earlier, in July 2011, I'd been diagnosed with Stage 4 bowel cancer that had spread to my liver and lymph nodes. The cancer had been so advanced that my surgeon originally told me he wasn't sure there was anything they could do. However, after two major operations and eight months of chemotherapy, I was in remission.

FOCUSED ON THE FUTURE

I told John that having survived cancer, I had become more focused and didn't have time for any pretences. I'd ended my last relationship halfway through my treatment for that very reason.

"So," I finished, "it's a lot to take on and, if you want to walk away, I'll understand." But, without hesitation, John said, "I want to support you 100 per cent."



We spent a blissful six weeks together, driving around in John's convertible car and enjoying picnics and dog walks. But then a scan showed my cancer had returned. I called John in tears, so he left work immediately, took me to the pub and bought me a double brandy. I told him how scared I was about leaving my children, and he promised to be there for me no matter what. Being a divorcee with children of his own, he understood how terrified I was.

Then, outside my house, John dropped on one knee. "This wasn't planned but I want to ask you to marry me," he said. "I want you to know I won't walk away when the going gets tough and I want you to have something to look forward to when this is all over." I was stunned but excited, although we agreed to keep it a secret until after my treatment.

A RARE KIND OF LOVE

John was at my hospital bed every day. He was there when I sobbed in the middle of the night, gripped by fear, and supported my parents and children, too.

Once, I said that if I survived I'd like an Alpha Romeo and to learn to dance. John has since bought me the car and we've learned to salsa and waltz

'John was at my hospital bed every day and supported my parents and children, too'

together! Back in remission, I married John in Oxford Town Hall last July. Everyone cried during the ceremony and we then had a beautiful meal and ended a perfect day punting on the river.

Ours is a rare love story and I have Luca to thank for finding John. Meeting him knocked me sideways and changed the way I feel about everything.'

• Rachel's book *The C List: How I Survived Bowel Cancer* (Watkins, £9.99) is out now. For more information about bowel cancer, visit bowelcancerresearch.org





‘If it weren’t for a group of strangers, I’d be paralysed’

Shelley Faulkner, 29, lives in Stratford-upon-Avon.

‘Opening my eyes, all I could see was green. I could smell grass, I was in agonising pain and had no idea where I was; the last thing I could recall was driving to work. It was a sunny winter’s morning, but my car must have skidded on some frost because it started spinning. I remember thinking, “If another car comes towards me now, I’m gone,” then I passed out as the car rolled over and over, crashing through trees and bushes.

Eventually, a female voice cut through my panic. “My name’s Lisa,” she said.

“Are you okay?” I could hear screaming, but it took a while to realise it was coming from me. In my confusion, I was screaming that I had to get to work.

Then I heard a male voice. Lisa and another stranger Andy had called the emergency services and were working as a team to save my life.

Apparently, I was desperate to undo my seatbelt, but Andy lied, telling me he’d already undone it, to prevent me from moving. He held my neck until the ambulances arrived 30 minutes later, while Lisa calmed me down, collected my belongings and stopped traffic.

That’s when the Midlands Air Ambulance paramedic Candice took over. She told

the firefighters how to cut me free, moved me on to a spinal board and held my neck for the entire journey to the hospital.

I’d broken my left arm and fractured the top two vertebrae in my spine; without Lisa, Andy and Candice’s quick thinking, I’d have died or been paralysed from the neck down. So when, after surgery on my neck and arm, I was given Andy’s name

‘It’s humbling; without them, I wouldn’t be here’

and number, I knew I had him to thank that I was not only alive but also able to walk. Even the medics at the hospital kept asking how I was standing in front of them!

Soon afterwards, Lisa tracked me down on Facebook. She’d been driving with her young son when she’d seen my accident and stopped to help. I messaged to thank her, and we’ve since become firm friends.

GIVING SOMETHING BACK

I was discharged 10 days after the accident and, when Andy turned up with a huge bouquet of yellow roses, I thanked him for saving my life. I watched as this big, grey-haired Welshman put his head in his hands. “I play rugby, I don’t cry,” he said, breaking down in tears. Before long, I met his lovely wife and was invited to his 50th birthday the following month. We’re now very close – I’m like another sister to his kids.

I’ve since thanked Candice, too. I’m in awe that she saves lives on a daily basis.

My recovery took around nine months and, in that time, I met some incredible occupational therapists who helped me regain the use of my arm. Inspired by them, I decided to leave my job as an equality adviser and go back to university to study occupational therapy. Eventually, I want to combine this with my previous art degree and offer art therapy.

I want to give something back; it wasn’t just one person who saved my life, it was a group of people thrown together who all made the right decisions at the right time. It restores your faith in humanity that a bunch of strangers acted the way they did. It’s also humbling because, without them, I wouldn’t be here, looking forward to the next chapter in my life.’

• Find out more about the Midlands Air Ambulance service at midlandsairambulance.com

Feature: Natasha Holt Photos: Paul Buller Shelley wears: Dress, £40, Marks & Spencer. Necklace, £15, Dorothy Perkins. Shoes, £50, Next. (Previous page) Rachel wears: Jacket, £19.99, New Look. Blouse, £28, Marks & Spencer. Trousers, £68, Phase Eight. Necklace, £19.99, Next. Shoes, £50, Next

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‘I had a tough start but learned ANYTHING IS POSSIBLE’

Lorraine Pascale tells Prima about her challenging childhood, her love of exercise and her new healthy eating cookbook



After starting out as a model, Lorraine Pascale, 42, became a TV presenter and cook. She lives in London with her daughter Ella, 18.

I've always eaten a lot – my family called me hollow legs! We were very food focused. We'd go camping in France and the first thing we'd do is buy pâté, cheese, baguettes and fruit. Mum and I used to make cakes together, and my dad gave me a passion for cooking; he made a lot of Italian food – hearty pasta dishes. He educated me about food – he'd take me to restaurants to eat mussels and shrimps.

I still love my cakes and bakes, but I also like to eat healthily. My new book, *Eating Well Made Easy*, really represents what I'm about food wise. It focuses on making food that's accessible, tasty, easy to cook – and that just so happens to be healthy. My favourite dish changes all the time, but my fail-safe dinner for a friend is beetroot risotto with feta and mint (see the recipe on page 129).

My food philosophy is to enjoy your favourite food in moderation. And if you do have a binge, don't beat yourself up over it: do some exercise and move on.

Getting stuck on calories can be quite restrictive; I think much more about making sure I eat enough protein. With other books I included calories, but I've deliberately avoided it in my new book because you should enjoy healthy food without worrying about calories.

I became interested in cooking gluten-free cakes after I was misdiagnosed as coeliac. I had chronic stomach ache, was losing weight and had a positive test for coeliac. A secondary test concluded it was, in fact, a sensitivity to wheat, but that kick-started my interest in healthy cooking.

There's a lot out there to make you think you should look like someone else. But if you have a body like Marilyn Monroe and you want to look like Kate Moss, it's going to be challenging. I think a better aim is for the best body *you* can have.

I love exercising and started doing weights a year and a half ago. I always used to do just cardio, which is a bit of a hamster-wheel because you're just burning calories rather than increasing muscle. I love yoga as well, but it needs to be restorative – I do kundalini or Iyengar yoga, which is all about strengthening, lengthening and relaxing.

My advice to my daughter has always been to try to be the best version of herself. I always say, 'Don't try to fit into someone else's image of what your body should be like'. We have a healthy appetite in our household – and we both love to exercise. But Ella's not particularly interested in cooking – she's 18! She is very motivated and focused when it comes to her studies.

She's leaving for university soon but I won't have empty nest syndrome. Her dad lives in Ireland so she has often spent seven or eight weeks there in the summer, so it's not the first time she has been away, and we're used to it. It's important at 18 to go to university and enjoy life as a young adult, be independent and find the people who will be your friends for a lifetime.

I was 16 when I started modelling. If that's what Ella wanted to do, I'd be supportive but she has so many other things going on. She wants to act, and she's a great film editor. I just want her to do what makes her happy – and make a living out of it!

My childhood was challenging. I spent part of it in care, and was fostered and adopted. It was up and down and there was a lot of moving around. My adoptive parents divorced when I was three. It was rocky at times, but most of it I don't remember. My memories of growing up are actually that I was calm and peaceful – and I loved to dance.

My adoptive parents taught me that anything is possible if you believe in yourself and put your mind to it. My mum was a real grafter, which she handed down to me. She taught me that there will always be people telling you not to do certain things – but if it feels right, you still have to do it. Sadly, my mum passed away earlier this year. She was a formidable lady.

Mum and Dad taught me a lot about parenthood. With Ella, I always ensured she was social. When she was a baby, I'd pass her to friends, and we were always sociable. And I've tried to give her the confidence to ask for things herself and be a self-starter.

I was reunited with my first foster mother, Marion, last year. We'd last seen each other in 1974, then we were brought together for a BBC documentary about fostering. It was amazing to see her again. I lived with her for a year and a half from birth so she was basically like my mother for that early time. When

'You should enjoy healthy food without worrying about calories'

LORRAINE IN BRIEF...

Ideal night in? Netflix and sushi.

Ideal night out? Amazing company, fantastic food with a great view, like the Duck & Waffle restaurant at the Heron Tower in London.

Technology: friend or foe? Friend! I love Instagram because it's such a friendly community. I like Twitter, too, but it's a bit of a tough crowd.

What's the one thing you would change about yourself? I would stop overthinking things.

What does love feel like? It feels calm, gentle and warm.

Greatest achievement? That I'm still going strong at 42.

High street or designer? Oh, definitely high street!

What do you splurge on? Fitness stuff. I have a bit of an addiction to Nike trainers.

What do you order in the pub? A lime and soda or a Chardonnay and prawn cocktail crisps.



I hug her, I feel that warmth and security I felt when I was younger. We get on so well and have lots of similarities, strangely.

On the outside, I'm strong. I'm determined and a go-getter. But on the inside, I'm quite sensitive. I have an amazing support system in the form of my business partner, Andrew, my friends and family. I'm close to my brother, who is amazing. We talk on the phone often, and meet up when we can.

If I have time for myself, I do meditation and restorative yoga. I'm also into journaling – writing down my thoughts, hopes, dreams, plans and everything that's jumbling around in my head.

I'm not really a follower of fashion. I love fashion – but I'm more into food. My style is quite casual – I go for uncomplicated clothes with a classic cut. I shop mainly at Zara, and Guess, for jeans.

My beauty regime is very simple. I use a facial wash and scrub by Benefit and Nivea moisturiser. I've tried everything but that's what works for me.

When it comes to cosmetic surgery, my view is each to their own. If it will make people feel better, then fine – if not, then don't do it. I don't agree with 19 and 20 year olds having it, but when I'm older, I won't necessarily say no.

Lots of my friends are freaking out about turning 40 and 50 – but I'm not. Yes, your body is not what it used to be, but getting older is a privilege that's denied to many – so it's important to embrace it. • *Lorraine's latest book, Eating Well Made Easy (HarperCollins, £20), is out now*

Prima promotion

Helping hands

Live life to the full this season, with peace of mind and skin protection from Cuticura

Autumn weather can play havoc with your health, with coughs and colds in abundance and extremes of temperature, from biting winds to scorching central heating. And it's your skin that suffers most. When you have sensitive skin, protecting yourself from bacteria and autumn viruses can lead to aggravation, with harsh ingredients and drying chemicals causing added irritation. Thank goodness, then, for Cuticura's new Sensitive Anti Bacterial Hand Gel – it's kind to even the most sensitive skin. It contains no alcohol or fragrance, yet still

kills 99.9% of bacteria, so you can feel confident and in control, safe in the knowledge that your skin's being cared for. With soothing ingredients, it's also perfect for children and those with easily irritated skin. And now there's a solution to the skin dryness caused by autumn weather and harsh heating, too. Cuticura's Mildly Medicated Talcum Powder has been clinically proven to be kind to skin and is suitable for all dry skin conditions. It helps soothe skin discomfort caused by chafing and rubbing, providing all-day freshness and comfort for all the family.



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IN SAFE HANDS

Cuticura has been protecting families for 150 years, and continues to develop new ways to help maintain healthy and hygienic skin. Visit cuticura.co.uk to find out more, or look out for products in your local Boots, Sainsbury's, Tesco and leading pharmacies.



Crazy about COLOURING

Of the top 10 books sold on Amazon this year, five were colouring books for adults. This comes as no surprise to Tracy Reid, 42, a nurse from Plymouth, who loves losing herself in the latest bestseller...

Last year, my seven-year-old daughter Maddy was given a colouring book as a Christmas present. It was filled with detailed pictures, so she asked me if I wanted to do some with her, and I became so lost in the artwork, I ended up finishing most of it myself. Needless to say, I had to buy Maddy a new book!

I didn't know that colouring books aimed at adults even existed, but while searching on Amazon, I discovered the ones created by Johanna Basford, who's now seen as colouring royalty! I bought her book *Secret Garden* and loved the intricate fairy-tale pictures of castles and forests. There was nothing better than being curled up, cosy and warm, with my new £15 set of special colouring pencils busy in my hands. As a working mum, it was a wonderful way to relax and brought out an artistic side that had been dormant since my school days.

To start with, I thought I was probably pretty rare in being an adult colourer. I knew I deserved this time to myself, especially as it was such a release from my hectic job as a nurse, but I really didn't want to shout about it in case people thought I was a bit odd! But then I found out two of my colleagues at the hospital

were also avid colourers and I began to realise I was far from alone.

That's when I went online and found a Johanna Basford group on Facebook. Now there's a community of more than 1,300 of us, aged 15 to 70, who post pictures, share tips and keep each other updated on new books coming out or the best techniques. It's lovely to have made these virtual friendships – in fact, I'm now a site administrator so colouring really has added a new dimension to my life.

I try to do my chores in double quick time, so I can snatch those precious colouring moments for myself. Usually, I colour for half an hour, but even if I manage just five minutes, it makes me a calmer, happier person at the end of a busy day.

I used to be madly into sport – doing Pilates, Zumba and circuit training – but since I've started suffering from pain in my hip, luckily, colouring has replaced the pleasure I used to get from fitness. It also takes my mind off the pain, often to the point where I don't need to take the tablets I once did.

And it's a great hobby to do with Maddy, too. We love colouring

together – although she has her own books, and mine are mine! I have such fond recollections of colouring when I was a child, and now Maddy will have her own colouring memories. I hope she'll always remember our special times together when all we needed was each other, a set of pencils and our colouring books.'

'It brought out an artistic side that had been dormant for years'

Tracy colours to relax: 'It makes me a calmer, happier person'



‘Our loveable dog has given us new hope’

For a pet to spark a new career and bring back joy to a home sounds incredible, but that’s exactly what reader Vicky Brook says her family dog Herbie has done

Vicky, 45, lives with her daughters Emily, 21, and Florence, 17, in Stratford-upon-Avon, Warwickshire.

‘It was an ordinary moment, in what has been an extraordinary lifetime; my beautiful teenage daughter Flo was playing with our new puppy Herbie. He was licking her face with such gusto, Flo might as well have been made of ice cream and her uncontrollable giggles made me look up from my magazine. Flo, then 16, sat sprawled on the kitchen floor with Herbie bouncing around on her lap, his paws on her shoulders, his wet puppy tongue darting across her face.

The latest addition to our family was a five-month-old French hairy basset and was adorable. As I laughed with Flo at this little animal, I was struck with an idea. What if I turned Herbie into an animated character? He was the kind of cute, floppy-eared pet children love in books or cartoons, and I could create stories about him, his friends and their funny adventures.

ANYTHING’S POSSIBLE

When I told a friend later about my brainwave, she was incredulous, saying: “But you’ve never done anything like that in your life!” I didn’t know whether to laugh or cry. Since Flo was born, my life had taken me in directions I’d never expected, or often wanted. I’d gone from a globetrotting working woman to a stay-at-home mum counting every penny.

I’ve learned a lot about myself when faced with difficulties, the main one being: I really can do anything.

Our first daughter Emily was five when Flo was born, and we had a lovely life. I worked as an executive operations director for a major company and my then husband Rob was head of litigation for a



Herbie was the inspiration behind Flo and Vicky's books

multinational bank. Our hours were crazy, so we had a live-in nanny who shared our five-bedroom house in Warwick.

Then, when Flo was six weeks old, our world changed forever. We'd just arrived home from horse riding and I put Flo, who was in her car seat, in the kitchen, and popped to the loo with Emily. When we came back downstairs, I looked at Flo. She was purple and had stopped breathing. I grabbed her out of the seat, put my lips over my baby's and tried to blow air into her, but I didn't know if it was working. Panicking, I called an ambulance and sat helplessly as she was rushed to hospital.

When Rob arrived, we were told that Flo's stomach had regurgitated acid and that some had gone into her lungs, which had made her choke. Doctors had no idea why it had happened, but by the time Flo was five months old, she'd suffered at least 20 such attacks, and needed life-saving surgery on her stomach.

Although the operation was a success, our lives never got back to normal. We spent a lot of time at Birmingham Children's Hospital, where they monitored her development and, by the time she started school, it was clear our daughter was struggling. She'd have panic attacks and, when she was eight, she suffered an attack so bad I thought she'd had a stroke.

She woke at 4am, screaming and

retching and unable to talk, while one side of her body was paralysed. Doctors said it was a brain infection and these symptoms probably wouldn't reoccur. They were wrong. The attacks continued

and were so severe she became scared to leave the house, which meant she left school and was home tutored. And I had to leave my job, too – the demands of my home life were just too much.

We moved house and began to budget, but, although Flo was put on all sorts of anti-anxiety drugs, the attacks still occurred – temporary blindness, paralysis, and retching were all par for the course. Then, out of the blue, when my other daughter Emily was 17, she developed Addison's disease, a condition that causes acute fatigue, weight loss and palpitations, and can be fatal if not treated properly. Emily had been my rock. She'd stood next

to me all those times when Flo's life was on the line and now, for the first time in her life, she really needed me.

FINDING STRENGTH

It took almost a year to get Emily's medication right and it was tough for her. But she survived, and I'm proud to say she's just completed her degree at Durham

university and is sifting through job offers. Over the past 17 years, I've lived through my daughters' health struggles; I have divorced from their dad; we've downsized our home; I've given up a career I loved. But during all those years, I'd been forced to dig so deep inside myself for strength that I found a me that would probably have remained hidden otherwise.

Three years ago, I set up a homeware business with a friend, a textile designer, which has brought in enough money to keep the wolves from the door. I did it from scratch, with no experience of the homes market, and turned it into a success. So when I had my idea about turning Herbie into an animated character and book series, I thought to myself: "I'm going to make this happen." I had no business plan when I picked up the phone to Superstar Pets, a London-based animation company,

but I wanted to see what an animated Herbie Hound might look like. A one minute video snippet cost me £500, but it was all I needed to see whether Herbie would work. He did! And we were

all willing to take on the challenge.

For Flo, this project was more than a money-making scheme, it was an emotional investment and she was involved from the beginning. At home, life was simple – it had to be. Flo's routine needed to be straightforward and structured, so we live in a quiet rural village and avoid new people. But Herbie the Hound gave her the opportunity to blossom.

A photographer came to take pictures of Herbie and Flo loved it. She kept Herbie calm, she made tea and chipped in with suggestions. But, mostly, she stopped being the girl whose life had been thrown off track by illness, and became a young



woman in her element. It was her dog who was becoming a star, and she loved that.

The staff at Superstar Pets got to know Flo and treated her like one of the team. I sat down to write three Herbie stories and sketch out his friends and I'd ask Flo what she thought – was it too childish? We'd talk it through and I'd listen to her. For once we were equals, I needed her, and her illness didn't figure in any part of it.

Four months after my light-bulb moment in the kitchen, we were sitting in my office by the computer for the first read-through. When it finished, Flo screamed with delight. "This is amazing!" she shouted. And it was. Our Herbie had become a character we could share with everyone.

We set a date for the launch – this year on 16 April, Flo's birthday. She doesn't have parties, but this would be different. It would be at the Dorchester, in London, and I just knew she'd cope. And she did. I think it was because she was so proud of what we'd accomplished. She shepherded Herbie around, introducing him to people, and talking articulately about the process because she'd been a part of it right from the start. She also learned that people can see beyond labels, that her illness doesn't need to define her.

For me, this project has given me hope. Against all the odds, I've proved to my kids that no matter what curve balls life throws at you, you can still achieve and make something of yourself. Who knows what the future holds for us, but for the first time in a long time, I'm really excited to find out.'

• Buy Herbie Hound books and *The Hilarious Adventures of Herbie Hound* at herbiehound.co.uk. A percentage of all profits go to Birmingham Children's Hospital and Dogs Trust. twitter.com/theherbiehound



**'Against all odds,
I've proved you can
still achieve and
make something
of yourself'**

‘We fashioned new careers!’

Do you have a passion for fashion? These three readers certainly do! They share with us how their love of clothes, shoes and handbags inspired new businesses with style

‘I love helping women grow in confidence’



Claire Lopez, 34, is from London. She has turned her passion for styling into a business that fits around family life.

Ever since I was a little girl, I have always loved dressing up, so becoming a buyer for a high street store was a dream job. But when I had my son Max in 2010, followed by his sister Grace, the glamour – including lots of overseas travel – quickly lost its shine. I found myself still on my BlackBerry at midnight and working on my days off and realised my career simply wasn’t compatible with family life.

STARTING FROM SCRATCH

It was my husband Tim who came up with the answer one evening. “Why don’t you become a personal stylist?” he said. I don’t know why I hadn’t thought of it before. My friends would often ask me to go shopping with them for a new dress for a wedding or a date. And my career had given me an understanding about fabric, fit and dressing for body shape.

I did some research and found that there weren’t many personal stylists in our area, so I enrolled on a £1,800 week-long course in personal styling at The London College of Style last autumn. I picked up great tips, like giving clients lifestyle questionnaires to understand what they needed, and how to do a business plan, as well as cash flow and sales forecasts.

With low overheads and such limited risk, I naively believed that setting up a business would be easy. It wasn’t! When I realised the amount of work that needed to be done, I became totally overwhelmed. Finally, a friend, who had also recently started her own business, advised me to do one thing at a time. So, in my evenings, at weekends and while Grace napped, I did exactly that. I spent four months opening business accounts, registering with the HMRC and preparing blog posts on styling tips and the services I would offer: a wardrobe detox, personal shopping, online personal shopping and style parties.

I budgeted £1,500 for a professional website and branding, and set up Twitter, Instagram and Facebook accounts to raise my profile. It paid off as it was through a Facebook page for local mums that I got my first client in January this year; a new mum who needed advice on how to dress her body shape. Arriving at her house, I immediately began to enjoy myself as I went through her wardrobe, discussing what suited her and what didn’t, and showing her how to repurpose old outfits. I also got her to throw out lots – women can be terrible hoarders! I came away with a real sense of satisfaction and feeling excited about my new venture.

To my surprise, I was then contacted by three or four new clients a week. Some wanted personal shopping trips to help with



‘I may not be bringing in my old salary, but I’m happier and so are my family!’



their back-to-work wardrobes, while others were after a new outfit for a special event.

FINDING A BALANCE

I am very honest with my clients – they are paying for my expertise (I charge £195 for three hours) and don't want to be told they look nice in everything. But I try to emphasise the positives, such as a tiny waist or slim arms, and show them how to camouflage the bits they're not as comfortable with.

Some of the most rewarding work I've done has been with a nearby weight-loss clinic, where I ran sessions with women about how to dress their changing bodies.

After one session, a lady emailed thanking me for my advice, saying how much I had put her at ease. It made me feel really good about my job, and the fact that fashion doesn't have to be frivolous, it can make a difference sometimes, too.

My new working hours seem to naturally fall into evenings and weekends when I already have childcare in place

and, although I sometimes have to call in extra help from grandparents, I can usually make it work.

While I'm still very ambitious, I'm also conscious that I have made this choice for my family, so as the children grow, so too will the business. I may not be bringing in my previous salary or going on exotic trips, but I am earning a living, I'm happier and most importantly, my family are happier, too.' ➔

CLAIRE'S TIPS:

- Your local network can be invaluable when you are launching a business and really help you grow.
- Take advice from lots of other business owners.
- Get social media savvy – there's more strategy to it than you think. Look for courses in how to use social media for business.

'My passion for vintage dresses gave me a whole new career'

Ex-nurse Carole Riggs, 56, is from Tunbridge Wells. She used her collection of second-hand clothes to kick-start a new career.

My mother used to go dancing at the weekend and, although she didn't have a lot of money, she would find fabulous budget-buy dresses with full circle skirts. Inspired by her style, I'd spend my teenage pocket money on vintage dresses from jumble sales, and then, when I became a nurse, I carried on collecting vintage dresses as a hobby. I would wonder what stories they could tell.

By 2010, I had 60 dresses crammed into my house, mainly cocktail dresses and embellished evening wear from the 1950s and 1960s and, although my husband Chris didn't complain too much, I knew it was a little out of hand. I began selling them on eBay under the name Gently Worn Vintage. But when customers started asking if I could source particular items for them, I realised I had an eye for what other people wanted.

When I left nursing, I was looking for a new challenge and tested the water at vintage fairs. Taking a stand cost between £70 and £300, but sales were good, with some of my dresses selling for up to £300.

For the first year, I spent the minimum, teaching myself how to design my own logo and a website from which I could sell a small collection of vintage dresses and coats. But, in January 2011, I paid £5,000 for a professional website, and rented a unit for £600 a month at Alfies, a famous antiques market in London.

Word spread, and soon families were contacting me to sell their mothers' and grandmothers' old evening wear. The dresses came from all sorts of women – one was even a former Dior model!

In the early days, I made the mistake of focusing on the aspects of the job I loved

most, such as sourcing dresses for clients, and pushing the business side to the back of my mind. This led to unnecessary stress as I ended up dealing with problems as they arose rather than planning ahead.

INVALUABLE CONTACTS

By the time we had relocated to a shop in Tunbridge Wells, and started spending money on branding and promotion, I realised I needed a proper plan. I read as much as I could on running a business, then put together a financial plan and a "critical path", which set the quarterly goals for the business. I wish I had done this sooner – it would have saved lots of stress!

CAROLE'S TIPS:

- Find your niche. The vintage industry is competitive, but narrowing our focus has set us apart.
- Manage your time. It's easy to spend hours on the fun parts, but ensure everything has the attention it needs.
- Outsource the jobs you're not as good at.

'I love seeing our customers transformed by our fashions'



'I ran out of room for all my handbags!'

Pauline Wellington, 41, is from London. She has turned her collection of designer bags into a money-spinner.

You can have the right clothes, hair and make-up but, for me, it's the bag that completes an outfit. I can still remember my first designer handbag. I was 26 and it was a dark tan suede bag with a leather handle, which cost £1,300 from Prada on Bond Street! I loved it – the detail and stitching were perfect. I was addicted.

From that point, every spare penny of my earnings as an office coordinator went towards indulging my passion for the latest Mulberry, Chloé or Fendi. I did without new clothes and eating out, just so I could save up for the next one. Over the following 10 years, I built up a collection of more than 70 handbags.

It never occurred to me that they might inspire a business but, in 2011, feeling vulnerable after a divorce, I realised it was time to build something for my future. I started by decluttering my enormous bag

collection, selling them on eBay. They went like hot cakes, but when I parted with that first Prada bag, I immediately regretted it. It had been such a milestone for me, and made me think that there must be so many women who wanted the next season's design, but didn't necessarily want to get rid of their old ones to make room for it.

I wondered whether I could create an online community for handbag lovers, where owners could rent out their bags to make money, and renters could enjoy designer styles they couldn't usually afford.

A NEW BUSINESS MODEL

I was lucky to get advice from colleagues with skills such as PR, branding and design. As I didn't want to get into debt with a loan, I adjusted my lifestyle to fund the business and sold my car. After a lot of research into the market and logistics, I settled on a business model where I'd make money from a monthly subscription (our membership fee is from £5 a month), plus 20% of the rental charges, and the renter would pay for postage.

I launched Thehandbagrental.com in 2013, but it was not without its hiccups. Building the website ended up costing £40,000 – far more than I'd originally budgeted. It was a valuable and expensive lesson; I learned that if I was going to pay someone to do a job, I had to understand it myself; I'm now a whizz at coding!

I set up Facebook and Twitter accounts to get the word out, but balancing a full-time job with a business was tough. After a day in the office, I'd be on the computer until 3am. It was exhausting, but all the hard work paid off on Christmas Day 2013 when I logged on to the site to find I had my first paying member. I was tingling with excitement. It was the best present ever!

By the beginning of this year, I could finally give up my job and now I'm making a profit, reinvesting as much as I can into the business. I rent an office for £350 a month and plan to hire a website manager. We now have more than 1,000 members based around the world, and I'm in talks to set up a similar venture in Seattle. I love my job so much I sometimes have to pinch myself!

PAULINE'S TIPS:

- You are what makes your business unique. Play to your strengths and identify your USP to make your business stand out.
- Be realistic about timescale. You're not going to make it big straight away. Test the water in the first year; people will start noticing you in the second; and by the third, you might start making your money back.

'The hard work paid off when I got my first paying member!'



 **head &
shoulders**

The secret to
model-beautiful hair?

head & sssssshhoulders

*Visible flakes seen at 2ft with regular use.



When it comes to her hair, **Sofia Vergara** doesn't compromise and neither should you. Get up to **100% flake-free*** and **model-beautiful hair** with Head & Shoulders Smooth & Silky Shampoo and Conditioner.



Beauty for grown-ups

My 5 make-up MUST-DOS

for the youngest looking you



Roll back the years with our beauty expert Kazia Pelka's five easy tricks

1 Exfoliate your skin

Admittedly, an exfoliator isn't exactly make-up, but it *is* a must-do. As you get older, fine lines, loss of firmness and lack of radiance can cause make-up to sit badly, ageing you in the process. So exfoliation is the first step to a fabulous face. You may be wary of overdoing it with a granular scrub – no problem! Simply use a weekly exfoliating mask with fruit acids – no need to rub, just apply and leave for 10 minutes.

The natural acids remove dull, dead skin and will leave your complexion beautifully radiant.



MY FAVOURITES

Dr Sebagh Deep Exfoliating Mask (£59, left). **REN Glycolactic Radiance Renewal Mask** (£32, Space.NK, right)



2

Use a base with benefits

Choose a foundation with firming and illuminating benefits, but steer clear of heavy ones, which settle into imperfections. Buy one as close as possible to your own skin colour (try it in daylight). Apply as finely as you can with fingertips or a brush (I'm not a fan of the damp sponge method as I feel it's wiping away my carefully applied moisturiser). Use your base only where you really need it – as natural skin looks fresh and young – then simply blend it in. Most of us need coverage around the nose, cheeks and chin, so these are the areas to focus on.



MY FAVOURITES

Chanel Vitalumière Satin Smoothing Fluid Makeup SPF 15 (£36, Boots, left). **Kevyn Aucoin The Liquid Airbrush Foundation** (£36, at Space.NK, right). **Shiseido Radiant Lifting Foundation SPF 15** (£39.50, Feel Unique, far right)



KNOW-HOW
Many of us don't need foundation on the forehead – it only highlights lines! And, make-up on the hairline is an ageing no-no!



Beautiful you

3



Beat the bleed!

As you get older, the outline of your lips loses a little firmness, which can make your lipstick or gloss 'bleed' – not a good look! However, it's easy to fix: dip a clean lip brush into a little firming face serum (whatever you have on the go) and apply to your lip line and to the area 1mm outside it. Leave to dry for a few seconds, then line lips with a sharp pencil that is a tone darker than your own lip colour, and lightly fill the lips with the same pencil. Then, using a lip brush, apply your lipstick, gloss or balm.



MY FAVOURITES

MAC Tinted Lipglass (£14.50, left). **Bobbi Brown Lip Pencils** (£16.50 each, above)

TRY THIS

Glossy nude lipsticks give the illusion of plumpness. If you prefer colour, go for sheer as heavy, cream ones can highlight imperfections.



4

Chisel those cheeks

While a rosy glow to the apples of cheeks looks great on an Alpine milkmaid, for most of us it doesn't work! Cheekbones are the coat hangers of your face, so make sure you use them to lift your look. The best blusher gives a hint of colour while lifting the cheekbone; avoid using shades that are too dark, as this will stand out too much – subtlety is everything. Take a pencil and line it up vertically from the outer edge of your eye – your blusher should start here and sweep upwards and out. Use a brush with a small head for accuracy, particularly on pale skin in winter, when less is definitely more.

MY FAVOURITES

Nars Blush (£23, far left). I especially love the shade Deep Throat (yes, that is what they call it!). **Liz Earle Healthy Glow Powder Blush** (£16.50, below). Camellia works well on light to medium skintones.

TRY THIS
Use cream blusher in summer when your skintone is warmer, and powder blusher in autumn and winter, when your complexion is cooler.



5

Elevate your eyeline

Swap to a long-lasting creamy pencil and take it as close to your lashes as possible, keeping the line fine. At the outer edge of your eye, thicken the line just a little and take it up slightly. Then run the pencil under your eye along the outer third, keeping it a little thinner than your top line. Join the lines at the outer edge and blend to soften. You may need to practise this a few times, and be careful not to go too strong with the 1950s flick, as this can emphasise skin that is less than perfectly taut. I'd recommend going for softer shades of slate, navy or dark chocolate for the day and save the drama of black eyeliner for night-time.

TRY THIS

Don't ever wear eyeliner just below the eye – it's hugely ageing and drags the face down. Avoid it at all costs!



MY FAVOURITES

Elizabeth Arden Beautiful Color Smoky Eyes Pencil (£17, left). **Bourjois Effet Smoky Pencil** (£5.49, Boots, below)



Prima promotion

SIMPLY STYLISH SCENTS

If you love flowers, you'll adore Yardley London's Contemporary Classic fragrances. There's a stylish new scent to suit everyone

T rue elegance never goes out of style. When it comes to fragrance, effortlessly fresh florals are a perennial joy to wear. Now, celebrating over 200 fragrant years, iconic British perfumers Yardley London have given their best-loved classics a sophisticated new twist. Sparkling citrus top notes and a musky, woody base make English Rose even more velvety. Crisp pear and vibrant freesia give Lily of the Valley a light-hearted, youthful air, while peach, iris and vanilla give cool green April Violets a lingering fascination. Vanilla, patchouli and suede-like woods give famously calming English Lavender a new serenity. And the new floral fragrance English Bluebell is a delightful fruity, woody year-round breath of spring.

With a range of Eau de Toilettes and Body Sprays, plus indulgent bath and body products to choose from, it's easy to find your perfect scent. Yardley London is available at Boots, Superdrug, Lloyds, Sainsbury's and independent chemists. RRP's are between £2.49 and £14.99.

25% off all Yardley London fragrance ranges

For more information, visit yardleylondon.co.uk. Offer valid until 31 December 2015 – use code YARDLEYPRIMA at the checkout.

Simply elegant,
fresh floral
fragrances never
go out of style



Easy tweaks for NEW SEASON HAIR

Just as you update your wardrobe when the seasons change, it's time to reboot your hair for the autumn



Summer is drawing to a close, so it's a good time to rethink your beauty regime, not just for your skin, but for your hair, too. Sun-kissed streaks and a tousled beachy texture don't look as sexy as they did when it was warm and sunny.

Time for a colour revamp?

'The summer can take its toll on your colour,' says Marianne Hayes, Aveda's creative director for colour. Chlorine, salt water, hot weather and UV rays can wreak havoc, so if your highlights have gone yellowy, or your red or brunette colour has turned brassy, your hair needs a little bit of TLC.

REVIVE 'To give hair an injection of shine and tone, talk to your colourist

about a semi-permanent gloss, which will add depth to your colour and condition at the same time,' suggests Marianne. Or try the new at-home glossing treatments: Christophe Robin Shade Variation Care in Baby Blond, £35 (Look Fantastic), which revives streaks and highlights. Perk up any shade with KC Color Mask, from £4.95 (Look Fantastic). **REFRESH** Want to go darker? 'It's best to change gradually,' advises Marianne. At home, try L'Oréal Paris Préférence Glam Bronde, £6 (nationwide). Or what about going Ronze, a softer alternative to red? Get the look with VS Sassoon Salonist in Medium Reddish Brown, £9.99 (nationwide).



Try this

'If brassy and yellowish tones start to show, a quick SOS trick is to dip the hair into effervescent aspirin for three minutes and then rinse,' suggests hair colour expert Christophe Robin.



Try this

Get the most out of your hair mask by warming a wet towel in the microwave and placing it on your head while the mask is on. The heat will open up the cuticles and allow for a deeper, more nourishing treatment.



Summer left your hair frazzled?

Time for some shine therapy...

GENTLY DOES IT 'You would never wash your silk blouses with detergent; the same rule applies to your hair,' says expert Christophe Robin. 'Whether your hair is coloured, highlighted, natural, dry, frizzy, or fragile, a gentle, detergent-free formula is important.'

TRY Balance Me Protect and Shine Shampoo, £10, which is sulphate-free and full of nourishing ingredients to gently cleanse your hair without stripping it.



TREAT TIME Dull hair equals dry hair, so transform it with a mask or treatment to help rehydrate each strand and boost shine.

TRY TRESemmé Oleo Radiance creamy moisturiser, £6.99 (nationwide), which infuses your hair

with non-greasy oils as well as sealing each strand for a high-shine finish. Then seal in the moisture with a styling serum before you blow-dry. Salon Science Swiss Grape Reglosse Smoothing Serum, £18 (Boots), is like a dazzling top coat for hair.

Hair like wire wool?

Cooler, damper days teamed with hot, dry central heating can spell disaster for texture, sucking out the moisture and leaving hair looking frizzy and out of control. Prepare those locks with some easy regime updates...

SWAP YOUR SHAMPOO If your hair is ultra delicate, coarse or wiry, 'adopt the "no-shampoo method" used by Californian and Brazilian women, who "wash" their hair with masks or conditioners,' suggests Christophe. This will avoid damaging hair that's already weakened and keep it looking smooth and sleek.

PREP IN ADVANCE 'Apply a series of haircare treatments at least once a week before the weather changes,' says Christophe. 'Your hair will be nourished and hydrated, making it stronger and resistant to the cold and central heating.'

TRY Dove Quench Absolute Intense Replenishment Mask, £6.99 (nationwide), which goes deep into your hair to control frizz from the outside in.



WEATHERPROOF YOUR LOCKS

Adding a styling product to your routine will make a big difference to the texture of your hair, protecting against heat damage and preventing weather induced frizz. Aveda Smooth Infusion Nourishing Styling Creme, £22.50, is like a raincoat for your hair – sealing moisture into each strand, it defends against environmental humidity for 12 hours, preventing frizz and dryness.



Styling tools not doing their job?

Try these hi-tech heroes to help you have a good hair day every day...

● **THX Total Hair Experts Collections Hairdryer, £18 (Tesco).** Available in green, pink or yellow, these dryers offer ionic drying technology to help produce a super-smooth blow-dry. The price is pretty, too!

● **Paul Mitchell Pro Tools Express Ion Smooth in Rose Gold, £74.95.** Aside from their shiny, metallic gorgeousness, these nifty tools guarantee silky smooth locks without the frazzle factor.

● **VS Vidal Sassoon Infra Radiance Hot Air Styler, £34.99 (Boots).** This gadget helps smooth and shape your hair without making your arms ache, and stops hair getting tangled around brushes, too.



NEED A GLAMOROUS NEW CUT?

We asked hair stylist Andrew Jose for the low-down on the latest looks...

Short and sweet From Sheridan Smith's cute pixie crop (right) to Scarlett Johansson's chic do, going short doesn't have to be boring. 'Shorter cuts are fun and liberating and can bring a youthful edge to your look,' says Andrew. 'Go from sleek to rock chick in seconds by using styling products for a punkier edge.'

Bob, wob or lob? If you want a change from longer locks, this is the style of the moment, with everyone from J.Lo (right) to Ellie Goulding going for a mid length chop. 'A great way to transform a bob from mumsy to cool is with some choppy layers, making the look more messed up than smooth,' says Andrew. 'Add volume with a texturising spray.'

Lusciously long Don't want to lose your length? 'Long hair *can* be worn by older women and look incredible,' says Andrew. 'Look at Julianne Moore (right).' The trick is all about grooming. 'Split, frizzy ends look terrible. Try a few long layers to lighten up your hair and make it look healthier and fuller.'



Layer up to welcome autumn

Layering is the transitional trick to take you from summer into autumn and these four readers show you how to do it

Fab in faux fur



BEFORE

Clare Spitzer, 34, lives in Codicote, Hertfordshire, and is a full-time mum to twins.

GET THE LOOK

- Faux fur is going to be huge this autumn, so the beautiful gilet Clare is wearing is a perfect investment piece to take you through the coming months.
- You can rock this gilet with anything, so it's great to have on standby for when there's a chill in the air. Team with a crisp white shirt and jeans for a day-to-day look, or wear with a dress when you go out with the girls.

FINISHING TOUCHES



A glam pink pout with the super moisturising **Max Factor Lipfinity Long Lasting Lipstick in So Vivid** (£8.99, Boots) finishes the look.



The blusher on the apples of Clare's cheeks, using **bareMinerals Pop of Passion Blush Balm in Posy** (£20), gives her a youthful flush of colour.

No outfit is complete without a bag. This lovely **duffle-style bag** (£34.99, New Look) complements Clare's outfit perfectly.



Clare wears:
Gilet, £55, Simply Be.
Dress, £99, Phase Eight. **Pendant**, £10, Dorothy Perkins.
Boots, £55, Next



Tailored to perfection



Lynne Henderson, 45, lives in Bridlington, East Yorkshire, and is a civic officer.

GET THE LOOK

- Sleeveless tailored jackets are really on-trend right now – just the thing for layering as the seasons change.
- This jacket's so versatile. Worn with Lynne's smart blouse and cigarette pants, it makes a great work outfit. Alternatively, pair it with a plain long-sleeved T-shirt and jeans to create a casual weekend look.

FINISHING TOUCHES



For a quick sweep of radiance, try the **BD Trade Secrets Dream Shimmer Highlighter** (£7.99, Tesco), which looks fab on Lynne. Use individual shades on lids and cheekbones, or blend together to highlight face and body.

We opted for a deep burgundy colour on Lynne's nails. Try **Nails Inc Nailpure Polish in Victoria** (£14) – a brilliant, alcohol-free, strengthening formula.



Ditch the flats and pop on these **sparkly heels** (£22.99, New Look) to instantly take you from day to night.



Lynne wears:

Jacket, £35, Dorothy Perkins. **Top**, £69; **trousers**, £59, both Phase Eight. **Bag**, £25, Next. **Bracelets**, £6.50 each, Daisy & Eve at Evans. **Shoes**, £45, Next



Flares for grown-ups



BEFORE

Janet Allen, 56, lives in Ashby de la Zouch, Leicestershire, and is an alternative health therapist.

GET THE LOOK

- The bold 1970s trend is set to continue into autumn and is just made for layering – think long cardies over colourful tops.
- Put away the skinny denim and work the look with a pair of flared jeans and fab boots, like Janet.

FINISHING TOUCHES



This statement **bag** (£69, Fiorelli) adds a pop of colour to Janet's look.

Clinique Pop Lip Color and Primer in Sweet Pop (£16) is a beautiful long-lasting pink lippy that's great against dark clothes.

The secret to Janet's new smoother style is a spritz of **Redken Frizz Dismiss Smooth Force Lotion Spray** (£16.55, Look Fantastic) before styling.



Janet wears:

Cardigan, £40, M&Co. **Top**, £55, TM Lewin.
Jeans, £45, Next. **Boots**, £65, Next



Throw on and go



Susan Tindale, 59, lives in London and is retired.

GET THE LOOK

- Susan's fab casual-but-smart parka is right on-trend this season and will save your outfits from the unpredictable British weather.
- Grey is a great transitional colour to take you into autumn without being winter heavy. Very much the new black, grey works with everything – especially a pop of bright colour, as seen with Susan's top.

FINISHING TOUCHES

For an alternative to a statement necklace, try some gorgeous **earrings** (£6, Accessorize).

A sweep of **Maybelline Colour Sensational Cremey Matte Lipstick in Craving Coral** (£6.99, nationwide) matches Susan's top brilliantly.

The **Clarins Ombre Matte Eyeshadow in 08 Heather** (£19), a grey-purple shade, is perfect for a cheat's smoky eye! Simply use a brush to blend over the lid!

Susan wears:

Parka, £55, Simply Be. **Top**, £18; **trousers**, £18, both Dorothy Perkins. **Bracelet**, £6, Allusions at BHS. **Shoes**, £17.99, New Look



40 *best new* beauty buys

Fabulous face care

1

THE EYE BRIGHTENER

**Skin Doctors
Eyetuck (£33.65,
Look Fantastic)**

If you suffer from bags or puffiness from not enough sleep or good old genetics, this will aid lymphatic drainage and make you look like you always get your eight hours.

2

THE SPOT SOLUTION

La Roche-Posay Effaclar K [+] (£14.90)

For those who suffer from adult acne, it might be worth looking at your skincare routine. This new moisturiser with NASA science behind it (we kid you not!) works on clogged pores, blackheads and shine.

3

THE MOISTURE BOOSTER

The Body Shop Oils of Life Intensely Revitalising Cream (£25, from 1 September)

Soothing rosehip seed oil rich in omega-3 and omega-6, and antioxidant black cumin seed oil combine with camellia oil to make a fabulous new daily moisturiser.

4

THE SUPER SERUM

Liz Earle Superskin Face Serum (£48, from 1 September)

A serum to go with the fabulous Superskin range – brilliant for mature and very dry skin types. Features pomegranate flower extract, an antioxidant that protects and soothes skin.

5

THE ANTI-AGEING GADGET

Clinique Sonic System Massaging Treatment Applicator (£20)

Facial massage is a great way to firm the skin. Already have the Clinique Sonic System Purifying cleansing Brush (£79)? Then you have to try this new massaging head that goes with it.



6

THE DAILY OIL

Kiehl's Daily Reviving Concentrate (£36, from 1 September)

A beautiful blend of botanical and essential oils to use in the mornings to revitalise tired-looking, dull skin. It's lightweight and absorbs instantly. Radiance in a bottle!

7

THE MAGIC MAKE-UP REMOVER

Caudalie Make-Up Removing Cleansing Oil (£18)

If you find taking off make-up in the evenings is a chore, bet you're not using a cleansing oil to do it! Convert to this natural formula that's super gentle. Even waterproof mascara will dissolve instantly.

8

THE PICK-ME-UP PRIMER

Stop & Wow The Instant Skin Perfector (£30, from 7 September, QVC)

Apply this on top of your moisturiser and before make-up on days you need to blur imperfections without the stickiness of similar products. Flawless!

9

THE CLEANSER AND GLOW

Ole Henriksen Empower Foaming Milk Cleanser (£20, from 1 September, John Lewis)

Arctic cloudberry, packed with vitamin C, is the star ingredient in this beautiful cleanser. It's just gorgeous to use for a radiant complexion.

10

THE WRINKLE BUSTER

Elizabeth Arden Prevue Anti-Aging Wrinkle Smoother (£65)

Think of this as natural Botox in a tube! Silicone powders fill in fine lines and wrinkles for an instant effect. Simply use after moisturiser. Brilliant!

for autumn

Say hello to your new best friends... these products will get you gorgeous in no time!

Body beautifiers

11

THE GERM KILLER

Neal's Yard Organic Defence Hand Spray (£6.50)

Finally, a hand sanitiser spray that's a joy to use. With 95% organic ingredients, this chemical-free alternative is a must to keep in your bag.

12

THE NOURISHER

Dove DermaSpa

Goodness Body Oil (£9.99, from 1 September, Boots)

From a new body range, this oil will keep your skin feeling well nourished. Pop it on before bed and you'll wake up with velvety soft skin.

13

THE ESSENTIAL EXFOLIATOR

L'Occitane Melting Honey Exfoliating Sugars (£22, from 28 September)

Get into a weekly ritual of ridding your body of dead skin cells with this fab formula that smells divine.

14

THE HAND HERO

Margaret Dabbs Intensive Hydrating Hand Lotion (£25, Feel Unique)

One of the best hand creams out there, trust us! It has a beautiful, light fragrance, too.

15

THE ECO BODY WASH

Humble Body Wash in Sweet Pea & Verbena (£8, Waitrose)

TV personality Kate Humble has just launched her very own natural bath and body range. The scent is so divine, it's now our fave.

16

THE PEARLY WHITENER

White Glo Diamond Series Advanced Teeth Whitening (£14.99, Asda)

A peroxide-free formula that removes stains and yellowing, while keeping tooth enamel safe. Comes with a mouth tray. A bargain for pearly whites!

17

THE ILLUMINATOR

Sanctuary Spa Wonder Body (£8, from 1 October, Boots)

A tinted moisturiser for your body! It illuminates the skin and moisturises, too. Great for when you have skin on show and want to glow.

18

THE SENSUAL SPRITZ

Shay & Blue Framboise Noire Natural Spray Fragrance (from £30 for 30ml, from 1 September, Marks & Spencer)

This beautiful woody fragrance is like no other. This is the perfect scent to take you into autumn.

19

THE SUPER BALM

Yes to Coconut Head-to-Toe Hydrating Balm (£10.99, Boots)

Keep this magic coconut oil formula on standby to use on those pesky areas that get extra dry, such as elbows, hands, knees and feet.

20

THE RELAXER

Organic Surge Fragrant & Relaxing Lavender Meadow Foaming Bath (£5.99, Waitrose)

Treat yourself to this mood-boosting product and you'll have an excuse for a bit of 'me time' in the bath. And relax...



Hair heroes

21

THE MULTITASKER

Redken One United (£17.80, from 1 September, in salons)

There's nothing this multi-styler doesn't do for your hair – 25 things, in fact (it conditions, nourishes, strengthens, smoothes... we could go on!). So, if you only use one styling product, make it this one and you'll protect and improve the manageability of your hair.

22

THE PURE SHAMPOO

Richard Ward Cleanse & Condition Holistic Shampoo (£5.99, Waitrose)

This natural alternative is paraben- and sulphate-free, meaning it's great for those with sensitive scalps and it won't cause coloured hair to fade. And you can use it as a leave-in conditioner or intensive treatment.

23

THE BLOW-STYLING BRUSH

Tangle Teezer Blow-Styling Paddle Brush (from £18, tangleteezer.com)

The unique design of this brush speeds up blow-drying time – perfect for busy girls. Even better, it's a brilliant frizz-tamer and shine promoter.

24

THE INSTANT GLOSSER

Unite 7Seconds Glossing (£18.80, from 1 September, unitehair.co.uk)

If you're lusting after glossy hair, try this shine spray. It's beautifully light, even on blonde hair, and makes it ooze shiny vitality.

25

THE FRIZZ SMOOTHER

Batiste Stylist Smooth It Frizz Tamer (£4.49, exclusive to Boots)

Frizz is a given in unpredictable autumn weather. This smoother instantly keeps flyaways at bay when spritzed on to dry hair. One to have on standby!



26

THE REPAIRING CLEANSE

OGX Hydrate + Revive Argan Oil of Morocco Extra Shampoo and Conditioner (£7.99 each, from 5 October, Boots)

If summer has dried out your hair, start using this super-hydrating duo packed with nourishing argan oil for added shine and silkiness.

27

THE OVERNIGHT TREATMENT

Lee Stafford ArganOil from Morocco Night Repair Serum (£12.99, Boots)

Oils are wonderful for your hair, but if you're still not sold, try this. Leave it on overnight to work its magic while you sleep – wash it out in the morning to reveal smooth, silky strands. Fab!

28

THE MIRACLE MASK

Phyto Phytokératine Extrême Exceptional Mask (£36, from early September)

The best thing you can do for your hair is introduce it to a weekly mask. Yes, this might be a bit on the pricey side, but if your hair's damaged, it really is worth splashing out.

29

THE CLEVER CURLER

Remington Tourmaline Ceramic Curl Revolution Hair Tongs (£89.99, Argos)

This genius tool automatically rotates at the push of a switch to give your hair lovely loose curls. A must-have if you want waves and can't master curling with irons.

30

THE VOLUMISER

Toni & Guy Glamour Sky High Volume Dry Shampoo (£7.49, Boots)

This isn't your standard cover-up for oily roots. It's the secret to creating gorgeous volume when spritzed into the roots of your hair.

Make-up magic

31

THE NAIL STRENGTHENER

OPI Nail Envy Nail Strengthener in Hawaiian Orchid (£19.50, online from 15 September)

The Nail Envy formula that strengthens weak, brittle and damaged nails is now available in four gorgeously tinted nude shades, so you don't have to forego wearing colour.

32

THE NATURAL COVERAGE

Perricone MD No Foundation Foundation Serum (£45)

Make-up combines with skincare in this hybrid foundation formula, packed with added beauty benefits (the serum bit) and gives natural, suits-all-skintones coverage. Creates a 'second skin' effect and a radiant semi-matte finish. Worth every penny!

33

THE BROW GROOMER

Wunder2 Wunderbrow (£19.95, from 2 September, in selected Boots)

Hot from the US, this new wand fills, defines and shapes brows like a dream. Best of all, it's semi-permanent so stays put for around three days.

34

THE AIR BRUSHER

Beautyblender Pro Single in Black (£16)

This brilliant make-up sponge applicator is the key to a flawless, streak-free finish. The product doesn't get lost in the sponge and the egg shape makes it easy to get around the nose, mouth and eyes. Get it in black, so your product doesn't stain the sponge. Simple!

35

THE BLUSH FOR CHARITY

Clinique Cheek Pop in Pink with a Purpose (£17.50, available during October, Boots and Selfridges counters only)

One of our favourite blushers is now available in this gorgeous berry pink shade for the Breast Cancer Awareness Campaign – £2 from every one sold goes to the campaign.

36

THE PERFECT PALETTE

Urban Decay Naked Smoky (£38)

Need help mastering smoky eyes? The newest palette from a brilliant line comes with key shades, a double-ended brush to perfect the technique and step-by-step instructions.

37

THE POUT PERFECTOR

Rimmel London Lip Conditioning Balm by Kate SPF 15 (£5.49)

Dry, cracked or chapped lips will be a thing of the past with this great-value balm – a must to keep in your bag for months to come.

38

THE FANTASTIC FOUNDATION

bareMinerals Blemish Remedy Foundation (£26, from 1 September)

Give skin room to breathe with this next generation mineral foundation. It's perfect for those suffering from break-outs or oilier complexions. Simply swirl, tap and brush on.

39

THE GLOW GIVER

No7 80th Anniversary Radiant Shimmer (£12.50, Boots)

We love this highlighting palette that will bring some illumination to an autumn complexion. Get it now before it sells out!

40

THE LUSCIOUS LIPSTICKS

Paul & Joe Lipsticks (£21 each, Beauty Bay)

Cat lovers will adore these cute lippies! The feline face remains all the way through the bullet, while the two colours mix together perfectly to create a beautiful shade.





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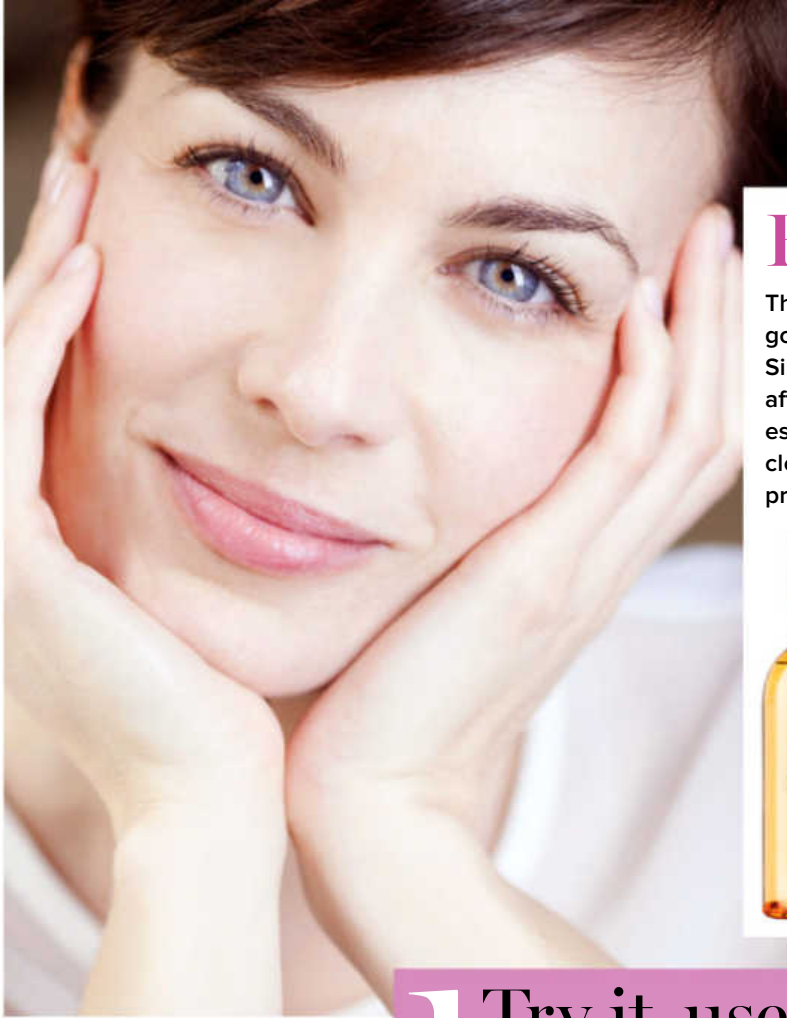
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*Offer available at Boots from 17th September - 14th October and at Holland and Barrett from 24th September - 14th October. Excludes Viviscal Elite Kits and Viviscal bundle offers.



Essence of beauty

There's a buzz around beauty essences right now and for good reason. If your skin's dry, they're a brilliant discovery. Simply add in as a new step to your beauty regime, using after cleansing and before your serum or moisturiser. The essence works by balancing your skin's pH level after you cleanse, and makes it more responsive to the next-step products you then use. Here are my favourite essences...



SAVE

The Body Shop Oils of Life Intensely Revitalising Essence Lotion (£15)



SPEND

Kiehl's Iris Activating Treatment Essence (£36)



SPLURGE

Elizabeth Arden Superstart Skin Renewal Booster (£45)

BEAUTY SOS

Q I have terribly dry lips all the time, so much so, that I don't like wearing lipsticks any more. However, I feel naked without any colour on my lips. Any suggestions?

Gillian O'Sullivan, Derby

A I'd recommend trying a balm with a hint of colour, so you give your lips the nourishment they need, but still get the colour you crave. I love the new Guerlain KissKiss Roselips (£26.50, nationwide), as it really leaves your pout super smooth and plump from the hyaluronic acid. Morning Rose (right) is my fave as it interacts with the pH level of your lips for a natural colour. Try it!



Try it, use it, love it!

20% OFF PHYTOMER SKINCARE

I'm really excited by this month's fab 20% discount on Phytomer's marine skincare collection, and I'm sure you will be, too. Now, what to spend it on? I'd opt for the Rosée Visage Toning Cleansing Lotion (£18.50), as this all-in-one make-up remover makes cleansing a doddle. I also love the HydraContinue 12 Hour Moisturising Flash Gel (£33.75); it's a dream at perking up a dehydrated complexion. Add the Structuriste Firming Lift Cream (£61.50) if you want to tone up more mature skin. Ready, steady, shop! **Simply enter PHYTOMERPRIMA to get your 20% discount at the checkout at phytomer.co.uk from 4 September to 4 October*.**



GIVING SOMETHING BACK

Look Good Feel Better is a brilliant charity that supports women who are experiencing the side effects of cancer treatment, such as hair loss and skin changes. October is Breast Cancer Awareness Month and the charity is raising money through the sale of these brushes. So, if you need some new tools for your make-up, treat yourself and get a feel-good glow, too, knowing you're helping others. • From £6.99 each, Boots and Feel Unique



For where to buy, see page 176

Find your healing tea

Feeling anxious, stressed, achey, flushed or sniffly? Trust us, whatever the problem, there's an amazing herbal tea for it!

No debate – relaxing and stimulating in one hit, a great cup of tea really does push all your feel-good buttons. But when those wellbeing niggles hit, switching to an ace herbal infusion really can do the healing business. Not sure what herbs taste good, what works and how to brew? Our experts have all the answers...

WHAT'S SO GOOD ABOUT HERBAL TEA?

For starters, it's one of the easiest ways to harness the medicinal power of herbs. This isn't just tea, it's tea on a wellbeing mission. 'Herbs have a wide range of natural phytochemicals that do bring real benefits,' explains research herbalist Monica Wilde. 'For example, red clover contains phytoestrogens that help to balance hormones. Meadowsweet contains salicin, a natural "aspirin" that helps reduce inflammation and pain. The list goes on.' Curious? Let's brew!

MIX IT UP

Try picking out one of the flavours in your teabag blend and punching it up with a fresh herb. Ginger or mint really ups the taste.

The 5 rules of herbal tea-making

1 Never think it's a bother

'True, there are lots of ways to use herbs – pills, tinctures or tea – and they all have a similar effect,' says herbalist Tipper Lewis. 'But, personally, I love teas best because the ceremony of making it encourages you to stop for a moment.'

2 Learn how to brew

Boil the kettle, place your loose herbs (1 teaspoon per cup/mug) into a teapot or cafetière and pour the water over the top. Allow to steep for 5 to 10 mins, strain and drink. Experts advise to keep a lid on teapots or mugs – and it's not just to keep things hot. 'That smell when you brew fresh herbs like peppermint, camomile and fennel is the volatile essential oil rising up,' says

medical herbalist Jo Dunbar at botanicamedica.co.uk.

'Pop a lid or saucer on top of your pot or mug to capture the oil – that's the stuff that does the job!'

BREW A BAG Purists love loose herbs but are okay with teabags if the tea is organic and great quality. Interestingly, there is a right way to brew – and you've probably been doing it the wrong way! Sebastian Pole, herbsmith at Pukka Herbs, tells us how.

POUR BOILING WATER into your mug first, then drop the teabag into the water and let it steep for 5 mins. This gives the flavours time to fuse together.

3 Drink regularly

Drinking the odd cup of herbal tea here and there isn't going to do much for you except taste nice! So how much is the right amount for wellbeing effect? Meral Prince, from herbalists G Baldwin & Co, gives us her advice...

- One to three cups a day is a standard dose for normal conditions.
- One cup up to six times a day or every two hours for acute conditions.
- One to two cups a day as a long-term strengthening tonic. 'Remember that some herbs have a specific dosage, and others are not recommended in early stages of pregnancy or when breastfeeding,' warns Meral. 'Always check when you buy or with a qualified herbalist.'





FRESH OR DRIED?

Either is fine, but fresh tastes different. 'There's nothing better than a cup of tea made from freshly picked lemon balm,' enthuses herbalist Tipper Lewis.

4 Start simple

You don't need to be a herbalist to make a therapeutic tea using single herbs. Every expert has their favourite and ours reveal their must-haves.

Lemon balm It balances the emotions, and it's also good for digestion and as a deterrent for cold sores and shingles, says Monica.

Camomile A calming sweet-tasting herb that

soothes digestion, aids sleep and eases stress.

Tipper suggests using fresh organic petals for full effect.

Thyme An antifungal that makes a terrific tea for coughs, colds and sinus problems. It's a wonderful tea for acne, reckons Monica, as it's antimicrobial and astringent. Add a slice of lemon for flavour.

Feverfew For headaches, arthritis and period pains, explains Jo. 'It's like aspirin in a leaf form!'

Rosemary Lifts the spirits, and improves circulation



and focus.

'Whenever I can't concentrate, I brew a cup of rosemary tea and feel instantly rejuvenated,' enthuses expert Meral Prince.

Nettle leaf A mild-tasting herb full of nutrients, including iron. 'When taken daily, it helps strengthen hair, skin and nails, and reduces allergy symptoms,' says Monica.

5 Now mix up a blend

Tipper Lewis is all for us giving blends a go. 'Like most things in life, herbs work best as part of a team,' reckons Tipper. 'Let's pretend you're stressed and you've heard that lemon balm is good – if you combine it with, say, calming camomile and joyful rose, you enhance its benefits due to their synergy.'

'Generally, most herbs work together, but if you're unsure, there are great herbal books that give you recipe ideas and suggestions.' See over the page for some blends to try...



Amazing **DIY** tea blends to try!

Our experts reveal their favourite 'recipes' for those wellbeing niggles

De-stress tea

'In the south of France, they make a wonderful herbal tea to calm the nerves and soothe the throat,' says wellbeing expert Emma Thomson.

COMBINE... 1 teaspoon of dried lemon verbena with 1 teaspoon of dried or fresh organic mint leaves.

● Infuse the leaves in hot water for up to 10 mins, until the water goes green. Strain and add 1 teaspoon organic orange blossom honey before you drink to make it extra soothing for the throat, and to add a delicious floral twist.

TRY Melvita Organic Orange Tree Honey, £14.50 for 500g, uk.melvita.com

Energy tea

'This is a lovely refreshing blend when you're flagging,

either mentally or physically,' says herbalist Tipper. 'It's great warm or chilled with ice.'

COMBINE EQUAL PARTS OF...

Lemongrass to uplift and revive, while calming and cooling the senses.

Spearmint to help blow the cobwebs from the mind.

Rosemary to improve focus and concentration while boosting energy and vitality.

● Infuse using 1 teaspoon per cup/mug. Strain and drink.

• Find herbs, from £2 for 50g, at nealsyardremedies.com

Menopause tea

'This is a well balanced, easy to blend tea that aims to tackle all the main symptoms in one cuppa!' reckons Monica.

COMBINE EQUAL PARTS OF...

Red Clover to help balance oestrogen.

Sage to help with hot flushes.

Rose petals to help with anxiety and to nourish your reproductive system.

Camomile to help with stress and insomnia.

● Infuse using 1 teaspoon per cup/mug or 2 teaspoons for a small pot. Strain and drink. Take up to three cups a day when symptoms are bad; one cup a day to keep you level.

• Find herbs, from £5.75 for 100g, at napiers.net

Aches & pains tea

'This is a synergistic tea for aches and pains – good if you've pulled a muscle or put your back out,' says Monica. 'It helps uncramp muscles and relieve pain.'

COMBINE EQUAL PARTS OF...

Meadowsweet to help reduce pain and inflammation.



Skullcap to help reduce pain and relax muscles.

Yarrow, an antispasmodic and anti-inflammatory, to help promote healing.

Peppermint to improve the taste!

● Infuse using 1 teaspoon per cup/mug. Strain and drink up to three times a day. But do

Feature: Daisy Gough
Photos: Getty Images, Urbanlip.com



TREAT GUM DISEASE IF YOU HAVE IT.

If you spit blood when you brush your teeth, it could be an early sign of gum disease, a leading cause of tooth loss. Both Corsodyl Mint Mouthwash and Corsodyl Toothpaste are clinically proven to help stop bleeding gums. So if you spit blood in the sink when you brush your teeth, use Corsodyl.

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Corsodyl Mint Mouthwash is a medicine containing chlorhexidine digluconate. Always read the label.

not take it at the same time as aspirin or other painkillers.

- Find herbs, from £5.75 for 100g, at napiers.net

Cystitis tea

'I find that so many women are suffering with this right now,' says medical herbalist Jo. Sound familiar? Try her easy to make and soothing tea. **TAKE....** ½ teaspoon thyme. Infuse in boiling water, strain and drink three times a day.

Cold-fighting tea

Feel the sniffles coming on? 'This combination of herbs is great at relieving a temperature and fighting off viruses, says Meral. 'It's very soothing.'

COMBINE EQUAL PARTS OF...

Sage, mint and thyme.

- Infuse using 1 teaspoon per cup/mug in boiling water. Strain and drink up to three times a day.
- Find herbs, from 99p for 25g, at baldwins.co.uk

Make things easy...

...with ready-made blends, new ideas and a beautifully easy way to brew!

Bag it!

- Found a perfect blend? Then make your own teabags!
- Personal tea filters, £6.15 for 64, baldwins.co.uk

Give!

- Uplifting blend of lemon balm, peppermint and nettle. £1 from each pack sold goes to Women for Women International.
- Friendship Tea, £4.50 for 50g, nealsyardremedies.com

De-stress!

- Contains rose, pulsatilla and camomile.
- Rosy Calm Tea Blend, £9 for 100g, napiers.net

Cleanse!

- The tea to keep you regular.
- Potter's Herbsals Cleansing Herbs Tea, £4.59 for 50g, hollandandbarrett.com

Boost!

- Chaga mushrooms – the new must-take immunity booster!
- Four Sigma Instant Chaga Tea, £23.99 for 20 bags, revital.co.uk

Brew it!

- No-mess infusers and filters to get more people drinking herbal tea.
- Teapot, £22.80, theteamakers.co.uk

Choose!

- Whatever your mood, this mix of five teas has it covered.
- Herbal Collection, £2.39 for 20 sachets, pukka herbs.com

Lift!

- Energy low? Try thyme and ginseng tea.
- Vitality Tea, £2.99 for 18 sachets, nealsyardremedies.com



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Are you D-ficient?

One in five of us in the UK is getting less than the recommended amount of vitamin D, and levels drop even further in autumn and winter. Learn how you can keep levels up through the darker months

Autumn's almost here, but (hopefully) you still have that feel-good factor lingering from all the vitamin D you've absorbed from the sun this summer. However, as the cooler, darker months loom, can you be sure your body has stored enough to get you through until next April?

More than 90% of vitamin D in our bodies is obtained through exposure to sunlight. We know it's vital for good bone health, and that it prevents bone diseases such as osteoporosis, but did you know it could also help fight off various health conditions including depression, heart disease and cancer?

A study by Yale University found that people who have high levels of vitamin D have a 30-50% lower chance of being diagnosed with breast cancer, and a 50% lower risk of colon cancer. This is because vitamin D regulates some of the genes that are responsible for cellular growth.

But, shockingly, half of us have below the recommended levels of vitamin D in our systems during the winter months. And, one in five of us has levels so low that doctors would be concerned enough to prescribe supplements, according to guidance from the National Institute for Health and Care Excellence (NICE).

What has caused us to be deficient?

Because vitamin D is mainly made by the action of sunlight on our skin, experts blame the nation's lack on the fact we've become too cautious in the sun in our bid to avoid skin cancer. We slather on SPF 50 as soon as we go outside, but it blocks out the benefits of the sun's rays, too.

'This otherwise good advice may be partly to blame for why so many of us have such low levels of vitamin D,' says dermatologist Dr Emma Wedgeworth from the British Skin Foundation. 'We want to avoid wrinkles and skin cancer, but unfortunately it's leading to other problems.'

And, even if you do maintain an average amount of sun exposure in the summer months, 'it's still questionable whether you'll make enough vitamin D to last you through the long winter,' says Emma. Rickets (misshapen bones caused by a lack of vitamin D) was common among children in Victorian times. Good nutrition and better healthcare had virtually eradicated it, but now rates appear to be rising again. Doctors and scientists are also beginning to make the connection between other chronic diseases and lack of vitamin D, such as severe asthma, schizophrenia and multiple sclerosis.

What makes things even more difficult is that there are often no immediate symptoms. And those that do exist are vague and similar to other conditions – tiredness, dizziness and aching limbs. There's a blood test, but your GP is unlikely to recommend it unless you have severe symptoms.



What you can do

The best advice is to assume you're deficient and take action with these four steps...

1 SOAK UP ENOUGH SUN TO LAST THROUGH THE WINTER

'Assuming the UK gets a half decent summer between May and the end of September, 15 to 20 minutes in the sun each day, preferably between 10am and 3pm – without sunscreen and exposing your arms and legs, but protecting your face – should make enough for you to bank some vitamin D reserves to last you through most of the winter,' says Emma. This will vary according to your skin type, as those who are dark-skinned should stay out longer than fair-skinned people to absorb sunshine. For instance, Indian people tend to need two to four times more exposure; people with black skin may need five to 10 times more. Don't forget to use sunscreen at other times; there is never any need to burn your skin.

2 BE SAVVY WITH SUPPLEMENTS

'If you haven't banked enough vitamin D over the summer, take up to 25micrograms (mcg)/1000international units (iu) per day through the winter and you should be fine,' says nutritionist Ian Marber. 'If you're concerned though, go to your GP and insist on having a blood test.' Here are some supplements to try:

- ☀ **Holland & Barrett Fast Acting Liquid Vitamin D3** (£13.99 for 59ml). Add to drinks or drop straight on your tongue.
- ☀ **BetterYou DLux400 Daily Vitamin D Oral Spray** (£5.21, Pharmacy First) is ultra convenient if you don't like taking tablets.
- ☀ **Vitamin D supplements** are free for pregnant and breastfeeding women. For more information, visit healthystart.nhs.uk.

'Eat foods rich in vitamin D, such as salmon and sardines, to give you a boost during the winter'

VITAMIN D CAN HELP YOU LOSE WEIGHT

People with low vitamin D levels are more likely to be obese. So, if you are overweight, you should take supplements to boost your chances of losing weight, according to research at the University of Milan. If you have a vitamin D deficiency with developing obesity, you have an increased risk of related complications, including type 2 diabetes. Combine supplements with a healthy diet and exercise.

3 BOOST YOUR D WITH DIET

You can't get all your vitamin D from foods because your body finds it harder to absorb it from foods than from the sun. But it's still a good idea to eat foods that are rich in vitamin D in winter to give you a boost. Try these:

- ☀ **Cod liver oil**, 1tbsp (11g), 92% recommended daily allowance (RDA)

- ☀ **Salmon steak**, 100g, 32.8% RDA
- ☀ **Sardines**, 100g, 32% RDA
- ☀ **Mackerel**, 75g, 26.4% RDA
- ☀ **Tinned tuna**, 100g, 14.4% RDA
- ☀ **1 egg**, 4.4% RDA
- ☀ **Fortified breakfast cereal**, 30g, 2.4-10% RDA

4 USE SUNLAMPS OR SUNBEDS – but ONLY for five minutes every six weeks.

Professor Tim Oliver, oncologist at Barts and The Royal London Hospital, believes correct levels of vitamin D are so important that careful and limited exposure to UVA and UVB rays greatly outweigh the disadvantages, even if that means using a sunbed (carefully) during winter months. 'Throughout winter, many of us may benefit from the UV lamps used in sunbeds. As the whole body is usually exposed, one five- to 10-minute session every six weeks should be sufficient. The skin cancer risk is still there and the message is right – you should never overexpose or burn your skin, but tiny regular bursts of exposure should keep up your vitamin D levels.'

IN MY CASE

'I HAD NO IDEA I WAS SO DANGEROUSLY LOW'



Polly James, 54, from London is a novelist.

☀ 'Four years ago, I started to suffer very weird symptoms. I was shattered all the time with aching bones. I had sweet cravings and put on two extra stone. I picked up infections easily, cuts and bruises took ages to heal and I also felt dizzy and blurry-eyed. Because of my age, I thought I was menopausal, but tests revealed my hormone levels were fine. My GP was baffled and quizzed me about my lifestyle.'

I'd recently given up my job in IT to become a novelist. I'm a night owl, so I was writing my novel, *Diary of an Unsmug Married*, into the early hours and sleeping during the day. I hadn't realised, but it'd had a dramatic effect on the amount of sunlight I was getting on my skin. A vitamin D test revealed the levels in my blood were 14nm/l – normal levels are 75 and above! The GP immediately prescribed vitamin D supplements, equalling around 1000mcg, to take three times a day. After a couple of weeks, I felt so much better. Now, although I still work at night, I'm careful to get out at least once or twice a day and expose my arms and legs to as much sun as I can. I eat vitamin D-rich foods as well and get plenty of exercise.'

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Also available in Underwear.

*Compared to the leading brand, percentage varies across line-up.

**Based on average consumer loading.

†377 UK shoppers surveyed, Sep '14 - Jan '15

Sarah's surgery



October is Breast Cancer Awareness Month, so Dr Sarah Brewer, GP and expert in complementary medicine, answers your questions on the disease

Q I know that checking my breasts is important. How frequently should I do it?

A Get to know how your breasts normally look and feel so you can spot changes quickly. This can be done in the bath or shower. If you're still menstruating, it's best to do this after a period as your breasts can be tender and lumpier just before. If you notice any change in the size, outline or shape, especially when you move your arm or lift a breast, tell your doctor. Other things to report include a lump, thickened tissue, puckered or dimpled skin, an indrawn nipple or change in nipple position, discharge or bleeding from a nipple, or discomfort in one breast that doesn't go away. One in three women discovers a lump in their breasts at some point – the important thing is not to panic. Most lumps are non-cancerous, but all need to be investigated, just in case.



Q I saw a news report recently that said eating red meat increases the risk of cancer.

Should I take it off the menu?

A While red meat was previously thought to increase the risk of a number of cancers, this is becoming less and less certain. This link may be



due to hormones present in meat, but it's also worth pointing out that those who eat a lot of meat tend not to eat a lot of fish, fibre, nuts, fruit or vegetables, so the important factor may be what is missing from their diet. I'd recommend the *Royal Marsden Cancer Cookbook* (Kyle Books, £19.99), designed for patients and their families, as a source of healthy recipes – including some for red meat.

Q I have a strong family history of breast cancer. My GP has suggested I take tamoxifen to help reduce my risk. Is this a good idea?

A Breast cancer affects one in eight women – and computer programmes are now available to help doctors assess your overall risk. If you are still having periods and your risk is

moderate or high, you may be offered treatment with tamoxifen. If your periods have stopped, you may be offered treatment with tamoxifen or raloxifene. Both treatments involve taking a tablet every day for five years. It's essential to understand the benefits and risks to decide whether or not to start treatment, so ask your doctor to refer you to a specialist. For more information, call The National Hereditary Breast Cancer Helpline on 01629 813000 or visit breastcancergenetics.co.uk.

Q Is it true that taking aspirin can cut my chances of getting the disease?

A There's some evidence to suggest that aspirin may reduce breast cancer growth and stop it spreading. A study involving more than 4,000 women who'd previously received treatment for breast cancer found that those who used aspirin two to five times a week had better survival rates than those who didn't. As women undergoing treatment for breast cancer may need to avoid aspirin, this data was collected at least a year after their diagnosis. These results are promising, but aspirin is not considered a standard treatment. It also has side effects, such as increasing risk of peptic ulceration and bleeding. Talk to your doctor about its suitability for you.



Q There has been so much in the news about the BRCA1 and BRCA2 genes. How much does family history increase the risk of getting the disease?

A Breast cancer occurs mostly by chance – age is the biggest risk factor as most cases are in women over 50. Three genetic mutations are known to increase the risk. If one of those genes

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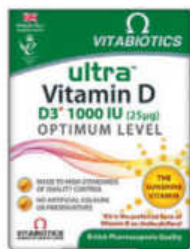
Bring me sunshine

Vitamin D is found in foods such as oily fish, butter and egg yolks. It is also formed through the action of UV sunlight on the skin, which is why it's known as the sunshine vitamin!

Ultra Vitamin D from Vitabiotics, the UK's number one vitamin company, provides the preferred D3 form of the vitamin, and is an ideal way to safeguard optimum levels every day. Vitamin D is important for many areas of health, and is best known for contributing to the normal absorption and utilisation of calcium, therefore playing a role in the maintenance of normal bones and teeth.

The optimum strength of Ultra Vitamin D also has a role in the process of cell division while helping to maintain normal function of the immune system and muscle function.

Vitabiotics Ultra Vitamin D
RRP £5.10 for 96 tablets.
Available from Boots,
pharmacies, health food stores
and online at vitabiotics.com.



occurs in your family, you still have a 50/50 chance of not inheriting that gene. Overall, one in 20 women is thought to carry a gene that increases their risk from normal to moderate or high. If you're concerned about a family history of breast cancer, your doctor can advise whether or not you would benefit from referral to a specialist for further assessment. In general, your risk increases with the more close relatives affected, especially if they were first diagnosed before 40, if a relative had cancer in both breasts or if breast and ovarian cancer both run in your family.

Q I enjoy a glass of wine with dinner a few nights a week, but I've read that alcohol increases my risk. Does this mean I should stop?

A Research has found that having three alcoholic drinks per week can increase your risk of developing hormone-receptor-positive breast cancer by 15%, compared with women who don't drink at all. And the risk seems to increase by 10% for each additional drink you have per day. Aim to have no more than two alcoholic drinks per week. While there is no guaranteed way to prevent the disease, ProfBiotics EB*2 Breast (£35, profbiotics.com) provides a specific blend of ingredients that may lower the risk: zinc, lycopene, vitamin D and curcumin. It's been developed with cancer specialist Professor Martyn Caplin.

Q My friend and I both turn 50 this year, and she mentioned that she was invited for a breast cancer screening. Am I eligible, too?

A The NHS breast screening programme currently invites all



women aged 50 to 70 (and registered with a GP) to have a mammogram every three years (England, Scotland and Wales). After this age, you are encouraged to call your local unit to request screening yourself every three years. The English screening programme is being extended as a trial in some areas to women aged 47 to 73. You may also be eligible earlier if you're assessed as having a higher than average risk of breast cancer. Mammography is a special X-ray that can detect an early cancer before it can be felt so offers the best chance of early diagnosis. I've just had one and, although it is slightly uncomfortable having your boobs compressed, this only lasts a minute. For details, visit cancerscreening.nhs.uk.

Q My sister has just been diagnosed and I can't help thinking the worst...

A It's reassuring to know that breast cancer treatments have improved significantly in the past few years, and survival rates are increasing. At least eight out of 10 women are still alive five years after diagnosis. Try to remain positive for your sister. You can find information about supporting someone who has breast cancer at breastcancercare.org.uk (0808 800 6000) or macmillan.org.uk (0808 808 0000).

THE IMPORTANCE OF AFTERCARE

Undergoing treatment is physically and emotionally draining. It's normal to feel shocked, scared and confused as, like many other conditions, having cancer is a life-changing diagnosis. You may also feel angry or even just relieved that you've been diagnosed and can start treatment. It's important to put yourself first and let others run around after you for a change. A wealth of information on coping with your changing body, breast prostheses, relationships and intimacy, as well as following a healthy diet and lifestyle, is available from breast cancer charities. Anyone with a cancer diagnosis, and their supporters, can also obtain support from Penny Brohn Cancer Care, which offers a range of services including residential and day courses free of charge (pennybrohncancercare.org; 0845 123 2310). The Made for Life Foundation is a charity that supports women through their cancer journeys. They hold free events in spas throughout the year and in October will be running Made for Life days with the spas in Una St Ives, Brown's Hotel, London, and Archerfield Hotel, Scotland. Visit madeforlife.org.

LOOKING FOR A DIET THAT REALLY WORKS?

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you in mind*



AFTER



BEFORE

"I've lost nearly 3 stone and kept it off for 4 years"

Age 56, this is the first time since my teenage years that I've lost weight and kept it off. I can honestly say that I'm happier, healthier and fitter than I've ever been. Jane Plan really is a long-term weight loss solution – just look at me!

Caroline, 56

HOW IT WORKS



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My message to

After the shock of a breast cancer diagnosis, these women each found new



Zoe, 39

‘You’re stronger than you know’

Zoe Russell, 39, Haverhill, Suffolk

‘When I was diagnosed with breast cancer, I went into shock. I was 36, my daughter Olivia was just 19 weeks old and, with two other children aged six and eight, I had no idea how I would cope. But having a new baby to look after was a godsend because Olivia needed me so much. The changes I saw in her daily, the gorgeous smiles and the love of all my children helped me to focus on the future and stay strong. Nowadays, I try hard not to fret over small things and to keep my mind busy. Since my diagnosis, I’ve raised funds for charity because I really wanted to give something back after all the help I’ve had. It amazes me how much I used to worry what people thought of me; now, I live for today and plan special times with my family and friends.’

‘Check your breasts – whatever your age’

Chloe Green, 41, Wimborne, Dorset

‘Last October, my partner Shane and I were watching *Stand Up to Cancer* on TV. It was a Saturday night and I was a bit tipsy, laughing away at the comedian Sarah Millican, when a voiceover said, “Lie down and check for lumps” – not something I’d ever have thought of doing. I did lie down, there and then, to check. I’m glad I did because I found a small, pea-sized lump underneath my right breast. I was only 40, far too young (in my mind) to worry about cancer, and it’s no exaggeration to say the show saved my life. It took two mammograms before the doctors could find it but, in the end, they found a 3cm tumour. I’ve recently finished my final course of radiotherapy. You’re never too young to check.’



Chloe, 41

‘It amazes me how much I used to worry what people thought of me; now, I live for today’
Zoe

other women

ways of looking at their lives. Here's what they'd like to share with you

'Speaking out can help break taboos'

Ravinder Wouhra, 52, Sutton Coldfield

'Going through treatment, I could see that nurses were having trouble communicating with some other Punjabi-speaking women in the clinic. I wanted to help and, knowing my positive attitude, the breast care nurse asked if I'd talk to these ladies. In Asian culture, it's common to view illness as a punishment from God and some communities see cancer as contagious. Re-educating these women has become a mission for me. I'm now working with Macmillan to create an ethnic programme to get the correct information out there. I'd never have chosen to have cancer, but it has been a blessing in so many ways as I've met lots of lovely people and helped some too. If I can stop breast cancer from being a taboo in some communities, it might make it easier to bear.'



Ravinder, 52

'Make it the start of a healthier you'

Nevo Burrell, 48, London

'My diagnosis sent me into survival mode. Although I was fairly fit and ate well, I wanted to be ready for the battle and cleanse my system. After a friend gave me the book *Healing*



Nevo, 48

Foods, Healthy Foods by Gloria Halim (How To Books, £9.99), I decided to make lots of cleansing juices, eat organic food where possible and do regular exercise. I began juicing and, after a couple of weeks, I'd dropped a dress size, which wasn't actually my intention! I felt tired but not particularly ill and I like to think my diet and lifestyle played a part in that. Typically, my juices contain kale, spinach, ginger, celery, pineapple, kiwi fruit and spirulina. I drink them at least five days a week. I also do Pilates, yoga and Zumba to keep myself strong and fit. You have to give your body a fighting chance and, three years on, I feel ready for anything. I'm glad to say there has been no recurrence, but I'm not taking any chances. I still stick to my healthy regime.' ➔

'You'll achieve things you never dreamed of'

Celia Webber, 68, Ellesmere Port, Cheshire



Celia, 68

'Having breast cancer transformed my life – for the better. It galvanised me into action; I wanted to make the most of the life I have. Within months of my diagnosis 18 years ago, I'd left my husband, started an Open University degree and changed jobs! Since then, I've helped to raise over £120,000 for the cause, visited Parliament to lobby MPs and worked on campaigns to reach thousands of women. I lost my mother and sister to ovarian cancer (closely linked to breast cancer) and my adult daughters have both inherited

the BRCA gene. For me, it's about getting the vital message across: the earlier you catch the disease, the more likely you are to beat it.'

‘Helping other people can help you through’

Victoria Yates, 40, Saddleworth, Manchester



‘Being diagnosed with cancer at 36, with two small children aged two and four, sent me on a totally different trajectory to my friends. I felt very alone, and guilty about

bringing cancer into my kids’ lives. I would have loved a support group for young people in my area so, after my treatment, I decided to start the Facebook group Younger Breast Cancer Network. The group supports other women in the same boat, and the fact it’s on Facebook normalises it. We even helped create videos to raise awareness for the charity Breast Cancer Now by recruiting people through our group. There are times when cancer can make you feel quite isolated and this group has changed that.’

‘I had no idea how wonderful friends can be when times are tough. It has deepened my faith in people’ Harriet

‘Have trust in others’

Harriet Buckingham, 43, Orpington, Kent

‘I had no idea how wonderful friends and acquaintances can be when times are tough. I had a list of “fairy helpers” who did everything in their power to make my life easier and better. When I was going through chemo, I knew when my low points would hit in terms of energy and feeling down. But my friends rallied around: they were on a rota for my children’s school run, someone would cook dinner and I came home to find a lovely scarf waiting for me on the doorstep as I began to lose my long, red, curly hair. It made me realise that people want to help and to show they care. It has deepened my faith in people and has made me want to help whenever I can, too.’



Harriet 43



Irene, 52

‘Find your own way to help kids understand’

Irene Tuffrey, 52, London

‘When I was diagnosed with breast cancer last April, I wanted to be honest with my children (then aged 10, 14 and 16). What helped us all was making “Owl”. We are really into sewing and, one day, my daughter said, “Why don’t you make an owl with cancer?” So we did and, from that moment on, Owl came to every appointment with me. It was a brilliant way to help us all talk about cancer without making it about me. As a mother, it’s hard to say, “I’m scared, I’m upset” – but instead I would say, “Owl is a bit worried today” and the children would reply: “That’s okay, Mum’s a bit worried, too.” On the day of the MoonWalk in May, I had Owl pinned on to my “empty” side where I’ve had a mastectomy, and it was very moving. Owl had been on the journey and was at the finishing line with me.’

WE WOULD LIKE TO THANK...

Standuptocancer.org.uk; breastcancernow.org; macmillan.org.uk; walkthewalk.org and The MoonWalk.

Visit these websites for information, advice, support and fundraising opportunities.



Prima promotion

On the move!

Ann Wilson loves to keep active, practising yoga and having fun with her family and girlfriends – and she does it all with confidence!



Ann Wilson, 49, is stylish, energetic and loves to keep active, going out with friends, visiting English Heritage sites with her family and practising yoga to stay fit. She's also one of the 47% of women in the UK who experience bladder weakness*, but Ann would never let that stop her from laughing with her friends and having fun with her children.

Thanks to the discreet reassurance she gets from TENA Lady products, the UK's number 1 bladder weakness brand**, Ann feels comfortable and happy wherever she is and whatever she's wearing – whether it's stylish trousers in her job as a court usher, or on a weekend away having cocktails with her girlfriends. 'The women in my life love getting together for a weekend away – they are hilarious to be around. TENA Lady gives me discreet reassurance, so I have the confidence to laugh my heart out!'

'I turn 50 next year, but I still like to party! I love having a giggle with my friends and family'

Bladder weakness is a common condition experienced by nearly half of women in the UK. TENA Lady products offer Triple Protection against leaks, odour and moisture. Slip a packet into your handbag and regain the confidence to be yourself. For information and a free sample, visit tena.co.uk.



ENJOY LIFE WITH CONFIDENCE
For a chance to win a variety of great prizes*, visit prima.co.uk/news/tena-competition

Helping you through the Menopause

*"This product has helped my
hot flushes
and so helped give me a
decent night's sleep"*

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A.Vogel Menoforce®
Sage tablets

A traditional herbal medicinal product used for the relief of excessive sweating associated with menopausal hot flushes, including night sweats exclusively based upon long-standing use as a traditional remedy. Always read the leaflet.

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For further information please visit www.avogel.co.uk or call our helpline on 0845 608 5858.

Hello, pretty!

Elemis Pro-Radiance Illuminating Flash Balm, £33 at selected John Lewis, Debenhams and Harvey Nichols stores. Elemis will donate £10,000 to Breast Cancer Care

Cheers to that

Pink **soda glasses**, £1 each, Asda. For every sale, 10p will be donated to Tickled Pink

Sparkle & shine

Pink ribbon **mirror**, £25; Leave a little sparkle **cushion** (right), £18; both Janet Reger at Debenhams. For every sale, 25% will be donated to Breast Cancer Now

Covered in style

Camisole top, £35; **French knickers**, £19.50, both Rosie for Autograph at Marks & Spencer. For every sale, 10% will be donated to Breast Cancer Now

Treat yourself... HELP OTHERS

Smells divine

Red Roses Cologne, £85 for 100ml, Jo Malone London. Throughout October, Jo Malone London will be donating £20 to The Breast Cancer Research Foundation's UK research grants from every UK sale

October is Breast Cancer Awareness Month – help the cause by spoiling yourself or a friend with one of these beautiful pink buys

Charm of its own

Celebrity 21cm charm bracelet, £23.98, QVC. For every sale, £8.20 will be donated to Breast Cancer Care

Me-time treat

Evelyn Rose body lotion, £20; **Evelyn Rose body cream**, £30, both Crabtree & Evelyn. For every sale, £1 will be donated to Breast Cancer Care

Feelin' groovy

Revival Mini Tropical radio, £130, Roberts Radio. For every sale, £10 will be donated to Breast Cancer Care

Floral fancy

Floral dressing gown, £10, Asda. For every sale, £1 will be donated to Tickled Pink

For where to buy, see page 176

'The tech I couldn't live without'



Want to know what a gadget guru really rates? We asked our expert Lindsay Calder for her desert island tech – the top 10 gizmos she loves above all others

1 DEVOLO DLAN 500 WI-FI NETWORK KIT

Without doubt, this is the most useful gadget I've tested. Simply plug these wi-fi extenders into plug sockets and they use your home's electric wiring to extend the range of wi-fi throughout the house. After years of living with wi-fi cold spots (sitting on the stairs to get online), I'm now connected from the basement to the loft. Kit with two plugs, £109.99, Maplin



2 NOW TV BOX

When I first used this little internet box, I thought it was amazing. You plug it into the television to watch catch-up channels and YouTube, and it also offers contract-free Sky packages, such as Entertainment, for only £6.99 a month. Then I discovered I could also stream through the Now TV app on three other devices, including my phone and tablet. As a result, I binge-watched all seven series of *Mad Men*. Nothing to do with a secret crush on charmer Roger Sterling, of course... Box, £14.99, Now TV



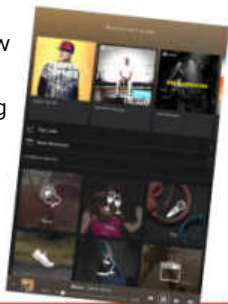
3 KINDLE VOYAGE

I was one of those people who thought an e-reader could never replace a real book, but I have been totally won over. If you finish your holiday read quickly, there are thousands that you can access in an instant – you just need wi-fi. Downloading a bestseller in one touch, as I sat in a taverna in Crete last year was fantastic. The Kindle Voyage is a bit of a splurge, but it's worth it, as it adapts to any light conditions, from day to night, making it ideal for gripping reads. £169.99, Amazon



4 SPOTIFY

During some building work last year, we put about 20 years worth of CDs into storage. But I don't miss them as, since subscribing to the music streaming service Spotify, I can listen to anything I like via wi-fi speakers, using the iPad to play DJ. Okay, it costs £9.99 a month for the premium service that works with my speakers, but I've blown that on plenty of embarrassing CDs. And I can now browse new releases, rather than just singing along to Duran Duran. *Premium, free 30-day trial, then £9.99 a month, Spotify*



8 BOSCH ATHLET

Being generally loathe to vacuum the stairs, what with unplugging the cable and carting the thing about, dustballs are a common sight in my house. Then I tried this lightweight cordless cleaner and began vacuuming at the drop of a crumb. As it's ready to go, you don't think twice about using it. It's powerful, handles dust well and weighs only 3kg, so is perfect for older users. My mum loves hers!

Bosch BCH625KTGB Athlet, £229, John Lewis



5 EPSON V550 PHOTO SCANNER

Many printers double up as scanners now but, for me, a dedicated photo scanner was worth every penny. Researching my family history, I amassed boxes of old photographs. This scanner – which also scans negatives and slides – reproduced perfect digital images to save on my computer. This photo of my grandparents, taken in Glasgow in 1929, is my favourite. *£199.99, Epson*



6 TOSHIBA CHROMEBOOK 2

In winter, my home office is like a walk-in freezer, but I used to be stuck there, chained to my desktop computer. This gadget was my saviour. Chromebooks are light, cheap and super-fast because they don't have much storage – instead your documents are automatically stored in Google's Cloud. You need wi-fi to use one effectively, although you can save documents to work on offline. *Standard version, £189.99, Currys*



7 CANON POWERSHOT G7 X

Snapping away on my smartphone on holiday (taking pictures of cute dogs, plates of squid, you name it), I've often drained the battery without realising and been left in the lurch, unable to make a call. I had an early version of this Canon years ago (pre-smartphones), and the latest one takes very high quality photos – to rival a DSLR camera – so I can use my phone for, er, phoning! *£388, Jessops*



9 IPAD AIR

The iPad deserves a medal, as it allows me to chat with my mum over a cup of tea – me at my table in London and Mum at hers in Scotland. But it's not only FaceTime video calling that's been a godsend – since my mum was given hers, she googles like a fiend, catches up on TV via iPlayer and emails me photos of the garden.

From £319, Apple



10 IPOD SHUFFLE

My lovely dad Tom passed away in March, aged 83, after suffering from Lewy body disease, a form of dementia. Every day, almost to the end of his life, he listened to his favourite music on his iPod Shuffle. Clipped on to his collar, it kept him relaxed and happy, while Mum did chores around the house. *£40, Apple*



The new ways we're living

With soaring house prices, it's increasingly making sense for different generations to squeeze into one home. Meet the readers who found ways to pack in extra under their roof

'Two living rooms are essential'

Lucy Bartram, 42, and her daughter Zoë, six, live with her parents Stella, 72, and Michael, 71, in a house which they helped her to buy.

Moving in with my mum and dad after my relationship broke down, I couldn't see how I'd ever get a home of my own. I didn't have enough for a deposit and property prices were going up.

My parents wanted to help, so they suggested selling their house and giving me a hefty deposit to buy a home we could all live in together.

To make it work, two sitting rooms were essential. I wanted my own space and Zoë's TV choices aren't really compatible with Mum and Dad's!

After consulting a solicitor about the tax implications of me being given the money as a gift, we found a new build three-storey, four-bedroom town house on Barratt Homes Orchid Fields

development in Kempston, Bedfordshire, which had the magic two sitting rooms.

I also got a loan for 20% of the value of the house from the Government's Help to Buy scheme, which I start paying back after five years.

We moved in a year ago and so far it's working brilliantly. Zoë and I have our bedrooms on the top floor and use the sitting room on the first floor. My parents have a bedroom on the first floor and use the living room on the ground floor.

I work full time, so Mum and Dad pick up Zoë from school and eat dinner with her, then I come home and take over. I'm aware that there may come a time when I need to look after my parents, and living together will make it much easier to do that.'



Why is three generations living together a good idea?

With grandparents often sitting on valuable homes and the next generation struggling to finance a property, moving in together – and pooling funds – makes financial sense.

It also has benefits for family relationships. 'Older parents have someone to help them,' says Katharine Hill, UK director at charity Care for the Family. 'Plus, youngsters get to

forge bonds with their grandparents and there's also support for working parents, especially if they are single.'

WHAT ARE THE PITFALLS?

With lots of adults involved, there are inevitably going to be clashes. 'Having ground rules on everything, from who cooks to how you discipline the children, is vital,' says Katharine. 'Be upfront and talk about problems.

Be quick to apologise and don't hold grudges,' adds Katharine.

Both parties should have a respect for privacy, so work out what space will be shared and what will be separate,' adds James Greenwood, managing director of Stacks Property Search. 'Consider all "What if..." scenarios, and speak to a financial adviser about tax or legal implications.'

Building an annexe for granny to live in is nothing new. But these days, with sky-high house prices in many parts of the UK, there's a growing trend for young adults to move back in with their parents, sometimes with their own offspring in tow. The rise of these so-called 'multi-generational homes' – up a third on a decade ago* – brings its own challenges, not least, where does everyone fit? The average family house is around 700 square feet smaller than those over a decade ago**. But some families are finding clever ways to make the roof over their head work that bit harder...

Over 728,000 UK families have three or more generations living under the same roof†

'Our flat is split neatly into two'

Sue Fenwick Elliott, 55, has divided her London flat so that daughter Annabel, 28, has her own space to call home.

When Annabel and her brother Charlie headed off to university, they were both in favour of me buying a three-bedroom flat in the city rather than a bigger house further out. They had no intention of moving back with their mum!

But things change and, after returning from four years living overseas, Annabel now lives in one "wing" of my C-shaped flat. She has her own bedroom, living room (which was Charlie's bedroom) and bathroom, while my bedroom and en-suite are in the other "wing". We share the kitchen and main sitting room.

It made sense for Annabel to make use of the space as renting in London is so expensive and buying a home is pretty much impossible nowadays.

Although I love having her here, I made it clear that my mothering days are over. I will not be shopping, cleaning or cooking for her, and neither will I ask where she is going and when she'll be home. We both work and are very busy, but if we're ever at home at the same time then we'll have dinner together or go out for a meal.

If Annabel ever moves out, I would rent out her rooms. I like having young people around and, although the flat is not huge, it's divided rather neatly.'



Annabel says: 'Living with Mum works really well. We have different schedules, which means we both have our own space. I love my part of the flat. I pay rent, but it's far less than if I lived elsewhere so I know I'm lucky; I'd have to win the lottery to afford my own place!'



Why is sharing your home with your kids a good idea?

Over a third of UK adults have moved back to the family home so that they can scrape together a deposit for a house or simply live somewhere nicer than they could rent***. For parents watching their children struggling to get on the property ladder, it's a way to offer practical help.

WHAT ARE THE PITFALLS?

Falling into the old parent/child dynamic can be tricky, warns

Katharine, 'but if you can renegotiate that relationship, you can forge much deeper bonds as adults.'

'Long term, the children are likely to move away because of work or because they meet someone, and parents need to have planned what they will do then,' adds James. 'Also, be aware that forcing an unnatural divide on a building could cut its value, so plan this carefully.'

* **48%** of 18 to 34 year olds fear they will never be able to afford a home[†].

* Approximately **three million** parents over the age of 50 have adult children living at home^{††}.

* By 2020, **25%** of the population will be 60 or older[†].

'I made a home in my parents' garage!'

Stephanie Bertenshaw, 26, from Marsden, West Yorkshire came up with an inventive plan.

My parents own a house with five garages and I have always wanted to do something with them. Finally, three years ago, the time was right. Initially, I was thinking of creating a base for when I came home from my planned travels. In my head, it was going to be like one of those makeover shows; finished and looking perfect almost overnight! But it was much harder than I'd imagined and I burned the candle at both ends. With a budget of just £12,000, we did most of the conversion ourselves, except the big structural work. Over 18 months, I planned it – organising everything from light switches to planning permission – and filled it with bargain finds from websites such as Freecycle and eBay.

Now I live here with my partner Luke, who is an engineer. We're just finishing an extension where I'll run my business, Felt Mountain Studios, designing stationery.

I feel very lucky to live on my parents' beautiful patch of Yorkshire land, saving myself money which I've been able to spend on the house and plough into my business. It's a very tranquil place and Mum and I often sit in the garden drinking coffee and chatting together. For now, it suits me perfectly.'

Mum Suzanne, 51, says: 'It was fantastic to watch Stephanie rise to the challenge and grow as the project took shape. However, I do have to remember to give her independence and to knock on her front door rather than just barging in!'

Before



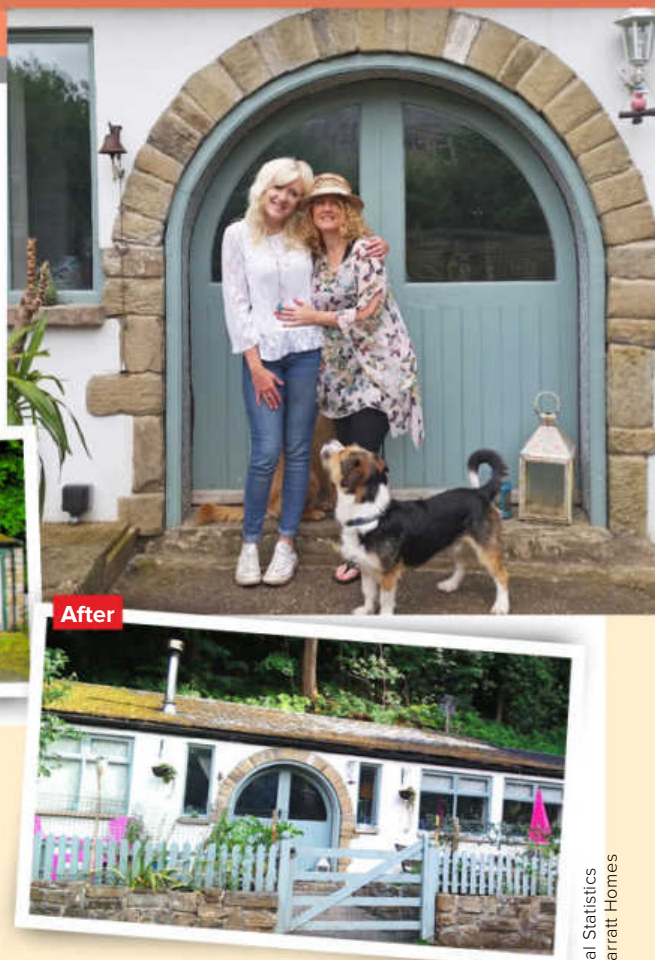
Why is building or converting a good idea?

'The economic downturn really hit the younger generation,' says property expert Michael Holmes of The London Homebuilding & Renovating Show (ExCeL London, 25 to 27 September). 'For parents who are willing to spend their money building a home with their children, the most cost-effective way to add space is converting a garage or loft.'

WHAT ARE THE PITFALLS?

The rules over whether you need planning permission or can carry out the work under 'Permitted Development' depend on whether you're converting an existing structure or building from

After



scratch, how big the project is and who is going to live in it. 'Do your homework at planningportal.gov.uk, then check with your local planning department,' advises Michael. 'Most self-contained units will be charged Council Tax, with a 50% discount if the building is occupied by immediate family members. However, the sting could come after a relative dies or moves out, warns Michael: 'You can still be charged separate council tax, even if it stands empty.'

Feature: Mel Hunter. **Photos:** Getty Images, Angela Nott. [†]Figures from the Office of National Statistics ^{††}Royal Institute of British Architects, 2013 ^{***}Barratt Homes

Over a third of UK adults have moved back to their family home having previously moved out.

3 WAYS TO HELP YOUR KIDS WITH A HOME

The 'bank of mum and dad' is fast becoming the go-to option for getting on the property ladder.

1 Talk about money
Discuss their house-buying aspirations and how they could achieve them. Show them impartial websites such as moneyadvice.service.org.uk, where they'll find useful tools, including help-to-buy schemes. Talk about how much they can save and help them to work out a budget.

2 Give them a deposit
There are no immediate tax implications, so you can give your child as much as you can afford, although Inheritance Tax would have to be paid if you died within seven years. Or, set up a loan agreement (but the mortgage company may then lend less).

3 Act as a guarantor
This involves agreeing to cover any monthly mortgage repayments if they were unable to do so. These agreements are legally binding, so consult a solicitor to find out what the implications could be for your own assets. It's also best to take legal advice if you're considering taking on a joint mortgage with your offspring to share ownership.
• *Tips from Andrew Johnson, from the Money Advice Service*

'We sold up and got a home together'

Ann Brosnan, 53, and her mum Joyce, 93, from Holybourne, Hampshire, moved in together when Joyce's dementia symptoms worsened.

Three years ago, we realised Mum was getting so forgetful that she couldn't live alone any more.

So, my brothers and I made the decision to sell the family home and my little cottage and use our combined funds to buy a house that Mum and I would live in together. To our surprise, she agreed to it.

I found our new-build four-bedroom house on a quiet estate. With wide doorways and stairs, it has the space we need for Mum's wheelchair and a stairlift. It's mostly filled with my furniture, but with lots of her old photos, so it feels like home to both of us.

We are "tenants in common", which means Mum owns 60% of the house and I own 40%. We have to face the fact that Mum will not be here forever, and my brothers have agreed that her share of the house will ultimately come to me.

It has worked out well, but being a carer can be hard work. Sometimes, I'm up a dozen times in the night, and I have to book a carer just to go to Zumba each week.

A few days a month, my brothers take over, and I've found great support from the charity Carers UK (carersuk.org). Fortunately, Mum still knows who I am and we have some lovely times together. When I need my own space, I have a sofa in the large kitchen. Mum really doesn't want to go into a home, so I hope we'll carry on living happily together for as long we need to.'



Buying a home with an elderly relative

Many elderly relatives don't want to go into a care home. For their children, being able to care for their parents can be a real comfort and it can also help them buy a bigger house than they might have been able to afford before.

WHAT ARE THE PITFALLS?

'This is a wonderful thing to do, but it can also be hard work,' says Katharine. 'Wills or legacies must be discussed upfront; it's all too common to fall out over inheritance, so get things in writing.'

HOUSE BEAUTIFUL

Recognising the changing face of the property market led House Beautiful Homes to design a multi-generational home with three separate living areas. This allows three generations to live together but separately under one roof. To find out more, visit housebeautiful.co.uk.

CONQUER THE

Too much *stuff* lying around? Now you can streamline your living space with our brilliantly easy tips and tricks to keep things neat and tidy, room by room

ON THE SHELF

Built-in storage is the best way to make use of alcoves. For a perfect fit, get a carpenter to build them for you. Have cupboards below to hide items away and shelves above for displaying your fave accessories.

TAKE FIVE...

Overwhelmed by what to declutter first? Find five things in one room that you don't need or use and put them in a bag to be donated or recycled. Do the same thing in each room and keep it up. Repeat once a month.

Elements Mason **large sofa**, £799.99; Elements abstract **framed print**, £29.99; **Tate desk lamp**, £9.99; Wire metal **lantern**, £24.99; Geometric **tea-light holder**, £2.99; Elements **table**, £69.99; Elements geo dhurry **rug**, from £44.99; Elements reversible **knit cushion**, £14.99; Geometric **candle holder**, £6.99, all Dunelm

CLUTTER... reclaim the calm!



WORK IT!

Lamp tables can double up as storage. Choose one with a drawer or shelf (or both!) to store things you need close at hand, such as remote controls, coasters and chargers.

LIVING ROOM BLISS

THE MESS: Lots of surface clutter.

THE TRICK: Keep a third of all surfaces, such as coffee tables and dressers, free from 'stuff' and instead create neat piles – it gives the illusion of tidiness.

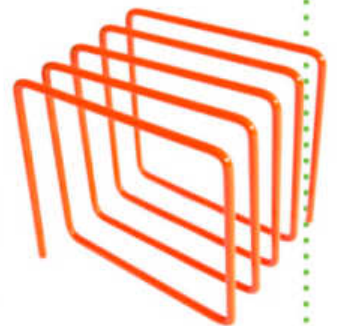


Esme **coffee table** with drawers, £349, Made.com

Choose a coffee table with drawers to hide TV remotes or magazines and keep the surface clear for a cleaner look.



Stacking storage **baskets**, £30 for three, Cox & Cox



Wire **magazine rack**, £21.50, Stuff of Dreams

Make your sofa work harder. Choose one where the seat lifts up to store cushions or throws. Or anything else for that matter!



Fleetwood three-seat storage **sofa bed** in Charcoal Brushed Linen Cotton, from £600, Sofa.com

HALLWAY HELP

HOOKED ON YOU!

Have a dedicated area near the front door with somewhere to put keys and hooks for coats so everything is in one place.

Triple storage **bench**, from £210; Triple storage **peg shelf**, from £197; **key and letter holder**, from £65, all The Dormy House.

STYLISH STORAGE

Piles of shoes all over the hallway? Add a bench to sit on when you're putting on or taking off your shoes. You can then store them underneath.

THE MESS: Tired of seeing lots of mail and spare shoes when you enter the door?

THE TRICK: Instead of piling letters, keys and bills on a table or shelf when you come in, store them in a basket or pretty box.

Gisela Graham wooden **key cupboard**, £18, The Contemporary Home

Extending wooden **shoe rack**, £19.99, Lakeland

Short of space? Get a coat stand! But be careful to distribute coats evenly to stop it from toppling over. Prevent overloading by swapping coats each season, too.

Metal and bamboo **coat rack**, £79, The Holding Company

KITCHEN CLEVER

THE MESS: Kitchen utensils thrown into a drawer are messy, as they get mixed up and it's difficult to find the one you are looking for.

THE TRICK: Clever stands make it easy to find the right tool and keeps them neat, too. No more cut fingers while rooting around in the drawer! Cull any utensils you don't use regularly – just how many wooden spoons do you really need?



Clean & Store **cleaning bucket** with removable storage caddy, £35, Joseph Joseph



Glass bowls with lids, £12.95 for five, Dotcomgiftshop

Pembroke **butcher's trolley**, from £554, TG Woodware



Short of cupboard space?

Buy a wall-mounted plate rack to store your china so it's within easy reach. Or it could be used to store extra plates for when guests visit.

Wall mounted **plate rack**, £115, Within



Chichester 4ft open rack **dresser** in Pink Peppercorn, from £1,695, Neptune



CUPBOARD LOVE

Invest in a stand-alone dresser as they hold lots of things! Place pretty items on the shelves and others in the cupboard below. If you choose a wooden one, you could paint it to match your room.





Tonic II Vessel
Asymmetric basin,
£220; Vessel tap,
£273; shelf with
worktop, £290;
bottom shelf,
£290; antisteam
mirror with light,
£350, all Ideal
Standard

SLIMLINE TONIC

Choose a wash basin with a built-in vanity unit. The drawer has two compartments, so your toiletries are always close at hand. No more searching for that replacement toothpaste!



BATHROOM SANCTUARY

THE MESS: Make-up and toiletries all over the place.

THE TRICK: Have a good sort-out and throw away any used lipsticks and dried up mascaras. Put the rest in an acrylic organiser with multi sections that are ideal for all your bits and bobs.



Large **make-up organiser**, from a selection, The Holding Company

Short of space in the bathroom? Plump for a stylish mirror with an integrated shelf and towel rack to keep everything in one place.



Conran **mirror shelf and towel rack**, £95, Aplaceforeverything.co.uk

Wirework tiered
storage baskets,
£75, Cox & Cox



A standing wire shelf unit is really useful for toiletries and keeps cleaning products off the floor. This one has lots of space for products and will fit into tight spaces.

BEDROOM BEAUTIFUL

THE MESS: Shoes out of control; things stuffed away.

THE TRICK: Stylish shoe storage stops your faves from getting scuffed. Use boot shapers to keep boots upright or buy specially designed boxes. Put non-essentials that you don't use regularly, such as holdalls, up top and out of the way.

Clear plastic **boot storage box**, £10, Aplaceforeverything.co.uk



Axis **scarf holder**, £12, The Holding Company



Cotton linen underbed **storage drawer**, £20.95, Muji

The **Style Station**, £19.99, Lakeland

Nowhere to put all your hair stylers? Keep them neat and tidy with this ingenious product. Plus, the stainless steel mesh allows electrical items to cool down safely.



GET ORGANISED

Sort that wardrobe! Invest in one that has hanging rails with drawers or a shoe rack. If you don't have many long hanging pieces opt for two rails so you have space for jackets, skirts and shirts.

THINK SMART

Don't keep clothes 'just in case' they might fit you again or because they were a bargain. If you haven't worn them for over a year, get rid!

For more decluttering ideas, see prima.co.uk

Centuries of stains, dirt and grime. What better partner for Cif than English Heritage.

After years of taking the nation's dirty worktops, bathtubs and ovens comfortably in its stride, Cif is ready for a new challenge.

Well, actually it's ready for some very, very old ones. Because Cif is going to help English Heritage to restore some of the country's most treasured historic buildings and monuments.

And it all begins with Cif supporting the task of restoring the Quadriga - the spectacular bronze statue on The Wellington Arch in central London. We can't wait.

You can follow our progress and find out more about how Cif and English Heritage are making England shine at www.cifclean.co.uk



Girl about the house

Pressed for time and want a helping hand with your chores? We have all the advice you need to become a domestic goddess



MAGIC CARPETS

The coming months will take their toll on carpets with dirt from outside and muddy paws.

Here's how you can keep your carpets looking their best...

- **Ideally, your carpet should be vacuumed** twice a week so that it remains in tip-top condition.
- **Act quickly when accidents occur.** Whatever the spill, always blot and never rub a stain, and work from the outside in with a clean white cloth.
- **Leave mud to dry** – never rub it. As soon as it's dry, it will turn to dust and you can simply vacuum it up.
- **You can hire top-notch carpet cleaners** from £25 a day from HSS Hire shops – they work a treat at making carpets look like new.
- **For small marks**, you could try warm soapy water. Washing-up liquid is designed to get rid of stains and it can work wonders on carpets – but be sure to test a small hidden area first.
- **Dr Beckmann** has a wide range of stain removers, from tea and red wine to coffee



and curry. In a *Which?* survey, they repeatedly came out on top. From £2.69, supermarkets.

- **Finally**, buy a good front-door mat that feet can be wiped on. You'll be amazed at what comes off – and spend less time cleaning.



FULL STEAM AHEAD

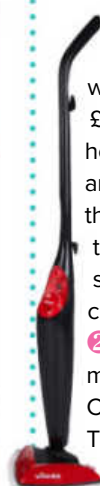
Join the steam age with these clever innovations...

① Mopping the floor won't seem like a chore with the Vileda Steam Mop, £89.99. This handy cleaner heats up in just 15 seconds and, once you've attached the cloth, you just press the handle to produce a steaming hot spray that will clean any hard surface. Easy!

② Don't enjoy ironing? That might change with the Braun CareStyle 5 ironing system.

The steam iron uses sensors to automatically adjust to the right temperature

once it comes into contact with a fabric, so it won't ever scorch or burn silk or lace. And its soleplate glides over buttons when pressing a shirt. From £180.



Harvest festival

As the seasons change, so do our seasonal food storage needs – but do you know how to store autumn/winter veg to keep it fresher for longer?

Sprouts Keep loose sprouts in the fridge, unwashed and untrimmed, in an unsealed plastic bag (allowing the air to circulate) in the crisper drawer. They last even longer on the stem. Refrigerate and break off sprouts as needed.

Carrots Trim off any green tops as they draw out moisture and cause carrots to go limp, and store unpeeled in an unsealed plastic bag in the crisper drawer for about two weeks. Keep cut baby carrots or carrot batons



in a water-filled, tightly covered container and they should last well over a week.

Potatoes Keep spuds in a dark, cool place – preferably in a breathable paper bag in a cool spot – but not in the fridge, as the cold, damp air can alter their taste.

SAUCY TRICK

You know how it is when you've been cooking a pasta sauce – you leave a few blobs of Bolognese on the hob and promise to clean it later. Then 'later' becomes a baked-on chore. Ugh! Well, try this neat little trick that saves on the scouring and potential scratching of the hob with an abrasive scourer. Soak a few cloths in hot water, then lay them flat, directly over the griminess, leave for 10 mins, then wipe away the softened grime. Easy!



For where to buy, see page 176

‘Our modern rustic home’

Vicky White feels she was always meant to live in the utterly gorgeous cottage she now shares with her partner Chris and dog Bertie



COTTAGE

Vicky and Chris's spacious cottage was originally two homes, built in the early 19th century to house families who worked at the local manor, which were knocked through to make one.



Home to Vicky White and Chris Ling is a picture book 19th-century English country cottage, built at the end of a row of stone houses in a riverside village on the borders of Buckinghamshire and Bedfordshire. The couple moved in three years ago, after searching online for a rural retreat far away from their busy lives in London. ‘It feels like destiny that I should be living here because I know the village well,’ says Vicky. ‘I was born and brought up only a few miles away and I used to admire the cottage as I was driving past.

‘I was always intrigued by the fact it had two front doors. Originally, it had been two tied cottages that housed families who worked on a local estate,’ she says, adding that the cottage came up for sale purely by chance, just as she and Chris had started to house-hunt. ‘As soon as we spotted it, we came to have a look around, loved it and, within six weeks, it was ours,’ says Vicky. ‘It really is the perfect place for us, not only because it’s an easy commute from London, but because it’s wonderful to be able to spend our downtime enjoying country walks, shopping in nearby villages and visiting the local pub.’

While the house was in sound condition and nicely decorated, it reflected the taste of the previous 85-year-old owner, who’d lived there for 25 years. Vicky and Chris were understandably keen to put their own stamp on the interior. ‘The work, which took five months to complete, was mainly cosmetic, but we have done some re-configuring,’ says Vicky. ‘We turned what was the dining room into the kitchen and converted the galley kitchen, where there was a false ceiling, strip lighting and lino flooring, into a utility room and put in a cloakroom. The former downstairs bathroom is now Chris’s study, so we decided to sacrifice one of the four upstairs bedrooms to create a new bathroom,’ she adds.

Other improvements included dipping all the internal doors to reveal their natural pale wood, ripping out the 1970s skirting boards, installing a more architecturally



KITCHEN

(ABOVE AND RIGHT) The couple commissioned a local company to install a simple kitchen, which was designed for easy maintenance. Smart cabinets have been painted in Farrow & Ball’s Blue Gray and topped with an oak work surface.



LIVING ROOM

(RIGHT) Vicky and Chris often use the sitting room for entertaining, as the window seat comes in very useful as extra seating. Their cushions were made to measure and have been covered in fabric from Cabbages & Roses. The original fire surround was painted in Farrow & Ball’s All White and the old fire screen was found during a trip to the Ardingly Antiques & Collectors Fair.



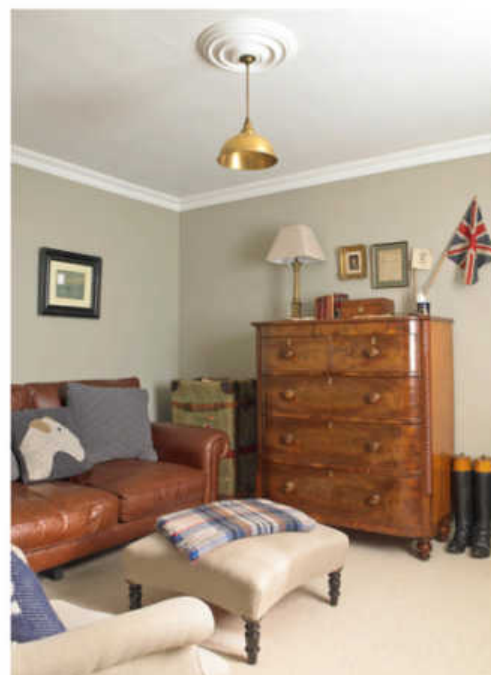
LIVING ROOM

Vicky's love of pale Scandinavian interiors inspired the decor in the sitting room. Some of her furnishing finds from antiques fairs and items won on eBay have been paired with more modern pieces to create a contemporary feel. The couple bought their Gloucester sofa and the matching ottoman from Laura Ashley.



STUDY

(RIGHT) The handsome mahogany chest of drawers in the cosy study is an antique piece donated by Chris's family. Vicky and Chris found their various vintage accessories at the Newark Antiques & Collectors Fair in Nottinghamshire and the Sunbury Antiques Fair at Kempton Park Racecourse.





MASTER BEDROOM

(LEFT) Decor in the spacious master bedroom has a modern edge, courtesy of the careful mix of furnishings. The antique painted chairs serve as temporary bedside tables. The sleigh bed is from Laura Ashley and the bed linen is from The White Company.

(ABOVE) A vintage armchair has been re-covered in plain linen and accessorised with stylish cushions. The tile patterned cushion

is from Plum & Ashby and the other is in French check from Cabbages & Roses.

GUEST BEDROOM

(BELOW) The couple's guest bedroom is light, bright, and furnished in a pretty, vintage style. The traditional bedstead is from Marks & Spencer and is covered with linen from Ikea. For similar paisley patterned feather-filled eiderdowns, try Oh So Vintage. The cushions are from Cabbages & Roses and Plum & Ashby.

pleasing fireplace in the dining room and re-skimming the ceilings. Vicky, who's a confident interior decorator, always had a clear vision of how she wanted the place to look. While she has nostalgia for the past, she says she likes to interpret it in a modern way. 'I don't like anything looking old-fashioned or fuddy-duddy,' she explains. Walls painted in a variety of Farrow & Ball's chalky hues create a subtle backdrop for the couple's furnishings and the new look fits well with the contemporary country style Vicky was keen to achieve.

Plum & Ashby, the company Vicky launched in 2013, is her version of a general store. 'I take inspiration from vintage objects and then update the designs so that they will look just as good in a country cottage or in an urban loft. I love things that tell a story,' she says, adding that her influences often come from objects from a bygone era. The pattern of a Victorian ceramic tile, for example, caught Vicky's eye during one of her regular visits to an antiques fair and has since been stylishly re-worked into a graphic print for a cushion cover.

Vicky likes to have 'a bit of pretty' around the house, although she has resisted the temptation to introduce anything too ornate. 'It is a country cottage, after all, so I've avoided things such as silk curtains,' she says. 'It's always nice to make a statement but I tend to prefer drapes made from cotton, linen or French ticking. I haven't used any wallpapers because the walls are lumpy and uneven, which, of course, is all part of the charm. You don't buy old cottages if you want perfect walls!'



BATHROOM

(RIGHT) A neutral, tongue-and-groove panelled dado has been installed in the bathroom. The panelling has been painted in Shaded White and the walls are in Wimborne White, both from Farrow & Ball.



Vicky's favourite palette of muted blues and greys is prominent in the homely kitchen. It has been lined with classically styled, hand-painted cabinets, and accessorised with pieces from her collection of Burleigh's pale blue Asiatic Pheasants crockery. 'I definitely wanted a country look in the kitchen,' says Vicky.

The main sitting room, meanwhile, is a relaxing room with Laura Ashley sofas, rose-patterned fabrics by Cabbages & Roses and a few vintage pieces. 'Everything we have bought has been carefully chosen,' says Vicky. 'I would never have anything in here that I didn't love. Also, we had to be careful about scale. It is important not to have any furniture that's too big.'

Upstairs, the inherited decor in the bedrooms, which included heavy swags and tails and gilt furniture, has been replaced with more modern, country schemes. 'We didn't want anything old fashioned,' says Vicky. 'We bought a king-sized mahogany sleigh bed for our room to match a chest of drawers that we were given.'

Vicky adds that as time goes by, she and Chris will evolve the look of their home to keep it fresh. 'I am always looking for things to put in our rooms,' she says. 'We'll keep changing and moving things around – it keeps life interesting.'



PATIO (ABOVE) Bertie the fox terrier, who has become an unofficial mascot for Vicky's homeware company, waits expectantly as the table is set for tea in the walled garden at the back of the cottage.

Get Vicky's modern country look

Plum & Ashby Bertie on wheels **cushion**, £25, Cotswold Trading



Gustave French **carver**, £225, Within



National Trust Country Kitchen **jug**, £19.99, CreativeTops

Highclere antique brass **wall sconce**, £66, ArtisanTi



Ornate classic gold gilt **picture frame**, £30, Ayers and Graces



Shabby Chic Provence **storage jars**, from £15 each, House of Fraser



Danish ceramic **lampbase** (small) in blue, £45; Rie Elise Larsen **lampshade**, from £20, both Berry Red



Pink cottage rose quilted double **bedspread**, £95, Dotcomgiftshop



Parker tan **trunk** (medium), £250, Leather & Lavender

Jones & Co Piccadilly **clock**, £20, Tesco



Round wicker laundry **basket**, £65, Puji

Sarah Beeny's Love your HOME

In the first of a series of homes advice columns for Prima, property guru Sarah Beeny explains how it's possible to make some dramatic improvements to your home without huge upheaval or cost. It's the cheaper, easier projects that often have the most impact

Turn your hallway into an area people will 'stop and stay'.

If your hall is big enough, consider adding a small stool and a little shelf for your laptop and paperwork. Even if you don't work from home, everyone has admin that needs doing and the hallway can double as an office. If there's no room for a stool and shelf, can you fit in bookcases? A wall of books will capture everyone's imagination and creates instant warmth and interest. If you're hall is quite small, then pictures are your friends. You can get inexpensive frames from Ikea that look great, and you can fill them with things you love – whether it's old tickets to a football match or gig, photos of your family and friends or your kids' art, which I have all over my hall! Your hallway will suddenly have a story to tell.

You'll be amazed at what you can do to renovate your kitchen without spending a fortune.

A tatty looking kitchen is always a turn-off – to live with, for your visitors and potential buyers. To have a kitchen that will be the envy of your friends, first decide on the overall 'look'. Do you want open shelves to show off your bits and pieces and create that fabulous boho atmosphere? If so, you'll need to start by painting the cupboards and introducing fabric, either on chair seats or curtains. If you want a clean, modern look, replace cupboard

doors, adding units so you have enough storage for knick-knacks that may ruin the sleek look. Check out end-of-line tiles for a bargain. Vinyls are really fun, so a lively vinyl on the floor will add a finishing touch while giving the room some life. Finally, change your door and cupboard handles to fit the look you're trying to achieve. I've brought out a range of handles (sarahbeenhome.co.uk) for this very purpose. The collection has four different ranges so that you can find something to fit your personal style.



Floors can be the first thing to look tired but often the last thing we think about changing.

Parquet is my favourite floor covering – it's easy to fit and is forgiving of less-than-perfect floors underneath. You can buy it in different woods and use a varnish or hard-wearing lacquer to finish. If you have wooden boards, why not give them a revamp? There are brilliant sanding machines now that create almost no dust so it's much easier and less hassle than it used to be. Carpets are also having a resurgence, especially in bedrooms because they are ideal for keeping the room warm. Some excellent carpets cost very little and, if it's well fitted with a good underlay, you can transform a room in just a couple of hours.

Lighting is the key to making a bathroom look fabulous.

It's best to use warm white bulbs, which are more flattering than cool white. It's even better if you can control the lighting for differing effects – simply fitting a dimmer switch can make an enormous difference. Putting in electric underfloor heating is also worth considering. It doesn't cost much to run in such a small space, and keeping the floor warm will mean that it's lovely to walk on and has the bonus of keeping moisture levels down so you don't end up with mildew. Crucially, make sure you box in all bathroom pipework so you don't see it – this single thing makes the biggest difference to creating a beautiful bathroom.

Wood burners look fantastic and are utterly brilliant for keeping warm. They also have minimal environmental impact.

They far outperform an open fire, and you can always open the stove door if you fancy gazing into a real fire. The other advantage is that you can either line an existing chimney or fit a totally new flue, meaning that you can have a wood burner even if you have no fireplace*. There really is no better way of getting rid of the winter blues than to light a fire and huddle around it.



*It's essential to get a professional to fit a wood-burning stove and flue as incorrect fitting can be fatal. **Main photo:** Nicky Johnston

‘You will be amazed at what you can do without spending a fortune’



Home inspiration

★ If you have a spare room but rarely have guests, consider a proper use for it. It's a perfect place to double up as a home office, or is there a hobby you've wanted to take up but don't as you'd have to keep clearing it away? I'm a secret jigsaw puzzle fan and in my spare room I have a table and an ongoing puzzle to get away from everything.

★ For any room to be fabulous, there has to be relief from endless plain walls, whatever their colour. Paint can be a cop-out, leading you to end up with a boring interior. You do have to be brave to have wallpaper, though, and it's really difficult to make a choice based on a sample that's out of context with other colours you might have in the room. So, when you get your wallpaper sample, also get a sample of the ceiling paint and woodwork you'll be using – and even a carpet sample – and build a mini room set to see how they work together. Then put up the wallpaper. If the worst comes to the worst, you can always paint over it! I love wallpaper, but painting MDF panels is also popular in our household – it gives relief from a flat, plain wall without the need for wallpaper, and you can change the colour frequently very easily.



THINK IN CHAPTERS

If you want to splash out on a larger, maximum-impact project, be realistic about what it is you're about to embark on. It's a good idea to set yourself 'chapters' in the project, where you can pause for a bit if costs run higher than expected. For

example, with a new kitchen extension, I think it's best to go for the structure and shape first – get the walls up, the roof on and the interior plastered. Then, once this is sorted, worry about fitting it out down the line. You can always

cope without good-quality units for a while – or just use wood as open shelves – while you save up. As an interim solution, you could lay an affordable piece of vinyl on the floor until you can save up for the tiles you really want.

★ Less is more with technology in the home.

Obviously, some quality speakers, good, flexible lighting and easily controlled heating are great, but most interiors gadgetry (such as remote-control curtain systems or self-sterilising door handles) is off-putting, annoying to use and doesn't add value or create a wow factor. Steer clear!

COUNTRY LIVING
magazine

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CHEER UP A CHORE

Need to organise your papers and magazines? Do it in style with these files in pretty prints that cheer up this not-so-pretty job; they're made from recycled materials so you get an eco thumbs up, too!

ABOVE: Recycled pastel paisley A4 magnetic closure box **files**, £13.95 each, Karenza & Co



Store your copies of Prima!



ABOVE: Recycled magazine **files**, £8.95 each, Karenza & Co



Biddulph 1400 **mattress**, from £569; **mattress and divan** (shown in Warm Grey), from £769, Pocket Spring Bed Company

Bedtime stories

With longer nights on the way, the thought of a big comfy bed to slip into is so appealing, isn't it? This beauty of a bed (above) by Pocket Spring Bed Company is made in partnership with the National Trust. Hand-crafted in the UK, the divan base and headboard come in a classic design and a range of fabrics and colours.

Style it, do it, love it!



CHANGE OF SCENE

Iconic British manufacturer Dualit has teamed up with Scottish design company Bluebellgray to create pretty floral panels (left) that attach to its Architect toasters and kettles for a quick outfit change! There's also a range of single-colour panels that'll update your kitchen in the time it takes to make a cuppa. Bluebellgray Architect **panel packs** (for toaster and kettle), £24.95 each, Dualit. 4-slice **toaster**, from £99.95; **kettle**, £79.95, both John Lewis

WALLPAPER KNOW-WOW!

October sees the first ever National Wallpaper Week (5 to 11 October). Celebrated designers, such as Kelly Hoppen and Laurence Llewelyn-Bowen, are joining up-and-comers, retailers and manufacturers to deliver ideas, tips and new products to inspire you to transform your home with wallpaper. Perhaps it's time for a spot of decorating? For details, see wallpaperweek.com.



New season wallpapers from Graham & Brown



Vintage season

A retro-style table and matching chairs has been added to Cath Kidston's furniture range. The dining table has a laminated top (in two autumnal designs), and the chairs come in three designs to coordinate. Perfect for a dining room revamp.



Woodland Rose and Woodland Blue dining **chairs**, £175 each; Woodland Rose dining **table**, £300, all Cath Kidston

Style it!

Meet the new trends

Is your home looking a bit drab? Be inspired by the latest looks in interiors...



Misty Moors **duvet set**, from £16.99; **bedspread**, from £49.99, both Dunelm

MOODY BLOOMS

Who said florals were just for summer? Inject a splash of colour on darker days with dramatic flower prints

- ① Pure Peony **cushion**, £25, Ted Baker at Housing Units ② **Lamp**, £80, Butterfly Home by Matthew Williamson at Debenhams ③ Lily Bloom scented **candle**, £16, Laura Oakes at Debenhams ④ Chiltern compact **sofa** in Carmen Floral in Ruby, £1,299, M&S

ART DECO GLAM

The art deco era has come roaring back into fashion. Unleash your inner flapper with lots of glam 1920s-inspired pieces



Elliston large **sofa** in Modici Velvet in Teal, £2,099; Carraway **bookcase**, £699, both Marks & Spencer

- ① Brass cut-out wall **clock**, £130, Laura Ashley ② Scott **sideboard** in Mango Wood, £299, Swoon Editions ③ Hexagon **mirror** with chain, £35, Oliver Bonas ④ Geometric print **vase**, £30, Living by Christiane Lemieux at House of Fraser



SOFT GEOMETRICS

Give your home a contemporary edge with symmetrical patterns. If you're a thoroughly modern girl at heart, this theme is for you!

Gibson **chair** in Geometric Red, from £450; other items, all Next

- ① Welsh **blanket** in Duck Egg, £49.95, Decorator's Notebook ② Hampstead **side table**, £132, Sweetpea & Willow ③ Tall blue geometric **vase**, £19, Kelly Hoppen ④ Geometric print **frame**, £16, Oliver Bonas (from October)



George **headboard**, from £260; other items, all Neptune

LUXE TEXTURES

Velvet is the texture for autumn 2015. Keep it up to date by adding marble and metallics; the combo gives you a seriously stylish look

- ① Scatter **cushion** in Burnt Orange plush velvet, £45, Loaf ② Geddes **armchair** in Pebble Grey, £399, Made.com ③ Marble **clock**, £40, Laura Ashley ④ **Bowl**, £55, RJR.John Rocha at Debenhams

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Lorraine's deliciously healthy meals

Lorraine Pascale shares her secrets of eating well with new dishes that are simply bursting with flavour and vitality



'My new book, *Eating Well Made Easy*, really represents what I'm about food wise. It focuses on making food that's accessible, tasty, easy to cook – and that happens to be healthy. I think getting stuck on calories can be quite

restrictive – it's more important to think about a healthy balanced diet than focus on calories. That's why I've deliberately not included them with these recipes. You should enjoy healthy food without worrying about calories.'



Try this
Experiment with
chipotle chilli flakes,
as they add a lovely
smokiness to
the soup.

Roast red pepper, tomato and caramelised onion soup with buckwheat

Some things cannot be rushed, like making peppers taste as sweet as they can. The only way to do this is by roasting the peppers slowly in a nice hot oven until their skins go wrinkly and blistered and the sugars in the flesh have a chance to caramelise.

SERVES 4

- 6 red peppers, halved and deseeded
- 1 large red onion, quartered
- 4 garlic cloves, unpeeled
- Leaves from 2 sprigs of fresh rosemary
- 2tbsp extra virgin olive oil
- 5 large, ripe tomatoes, halved
- 1-2tsp chilli flakes or chipotle chilli flakes, depending how hot you like it (optional)
- 500ml vegetable or chicken stock
- 100g buckwheat
- Sea salt and freshly ground black pepper

TO SERVE:

- 1tbsp roughly chopped fresh chives, flat-leaf parsley or coriander

● Arrange the peppers (cut-side up) and red onion wedges in a single layer on a large baking tray. Slam the garlic cloves with the side of a large knife to squish them and scatter them over, along with the rosemary and salt and pepper to season. Drizzle over the oil and roast in the oven for 20 minutes.

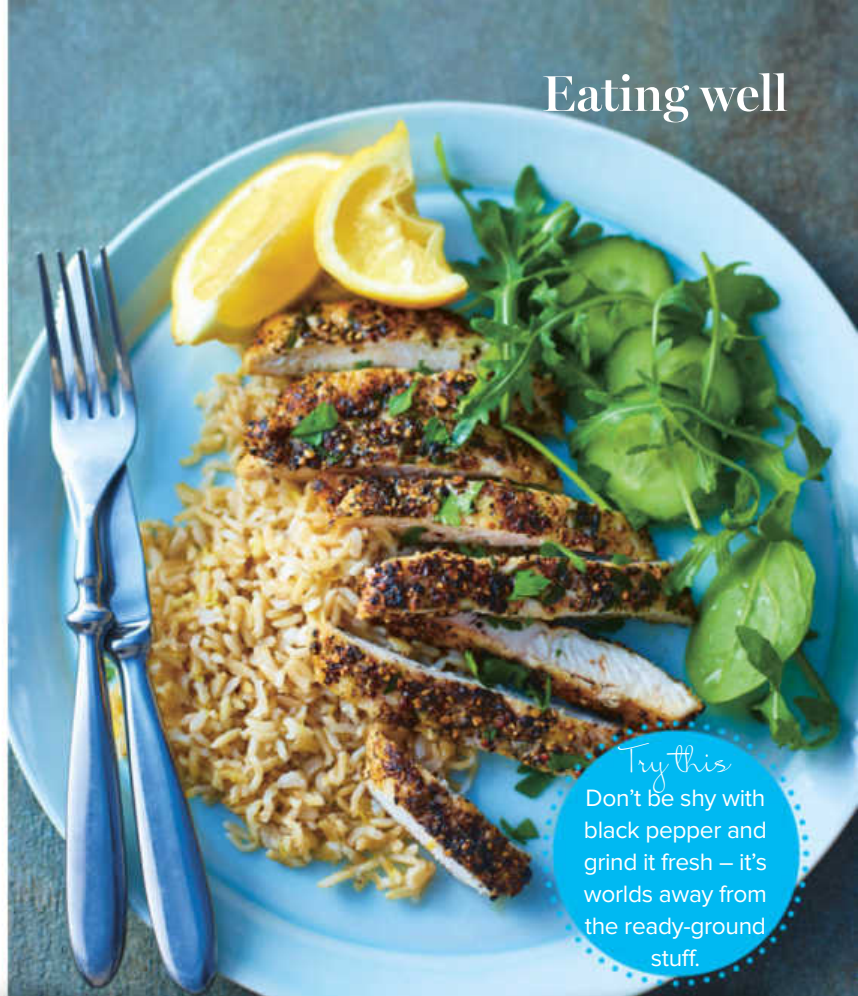
● Add the tomato halves, sprinkle over the chilli flakes, if using, and return to the oven to cook for 25 minutes until everything is charred and softened.

● Remove from the oven, place the peppers in a medium bowl, cover with cling film and set aside for about 10 minutes. This allows the steam to loosen the skins from the peppers, making them easier to peel. Returning to the rest of the ingredients on the tray, squeeze the garlic cloves from their skins into a blender. Add the remaining ingredients on the tray, including any juices and sticky bits and set aside.

● Once the peppers have had their time, peel the skins off and add the flesh to the blender. Add half of the stock and blitz until smooth, then add the remaining stock and blitz again.

● Pour the soup into a pan and season with salt and pepper, if necessary. You can simply warm the soup through and serve at this stage, but I love the addition of the buckwheat. Add the buckwheat, bring to the boil and then turn the heat right down to simmer for about 15 minutes or until the buckwheat is tender.

● Divide the soup among serving bowls and serve with a sprinkling of chives, parsley or coriander to finish off this dish.



Try this
Don't be shy with black pepper and grind it fresh – it's worlds away from the ready-ground stuff.

Lemon, thyme and pepper-crusted chicken with wholegrain rice

An easy-peasy dish for a quick lunch or supper. The way to make this work best is to use oodles of black pepper, giving the surface of the chicken an almost crust-like appearance.

SERVES 2

- 200g wholegrain rice
- Finely grated zest and juice of 1 lemon
- 2tbsp freshly ground black pepper
- 2tsp fine sea salt
- Leaves from 4 sprigs of fresh thyme
- 2 skinless, boneless chicken breasts
- 2tsp olive oil or butter

TO SERVE:

- 1tbsp roughly chopped fresh flat-leaf parsley (optional)

- Put the rice on to cook according to the packet instructions, adding lemon zest along with the water; reserving the juice. Toss pepper, salt and thyme together and set aside.
- Place the chicken breasts, spaced apart, on a large sheet

of parchment paper and top with another sheet of paper.

Bash them out evenly using a rolling pin or meat mallet until about 1.5cm thick. Press the chicken into the pepper mix to evenly coat both sides.

● Heat oil in a large frying pan over a medium-high heat. Cook the chicken for about 3 minutes on each side until golden, crusty and cooked through, but still lovely and moist. Remove from the heat and slice each breast into 1cm thick strips.

● Once the rice is cooked, drain if necessary and then divide it between the serving plates. Arrange the chicken strips on top, drizzle over the lemon juice, sprinkle with parsley, if liked, and serve. Some greens or a salad go with this one nicely.



Goats' cheese and courgette salad with toasted pine nuts

I started using my spiralizer around a year ago. It's a great tool, as you can use this for vegetables such as carrots or courgettes to make fun salads and pasta dishes in double-quick time. If you don't have a spiralizer, just use a peeler to cut the courgettes into strips.

SERVES 2

- 5tbsp extra virgin olive oil
- 2tbsp balsamic vinegar
- 1tsp chilli flakes, depending how hot you like it (optional)
- 4 firm, medium-sized courgettes
- 200g rindless goats' cheese
- Leaves from 1 bunch of fresh basil
- 75g pine nuts, toasted
- Sea salt and freshly ground black pepper

- Place the oil, vinegar and chilli flakes, if using, in a really large bowl with some salt and pepper and give them a quick whisk together to combine.
- Pass the courgettes through a spiralizer, catching the curls on a large tray as you go. I like

to cut the courgettes in half to make them easier to pass through. My spiralizer has a couple of blade choices and I like to use the medium-sized one as I find the thinner strands quickly become soggy in the dressing.

- Tip the courgette spirals in on top of the dressing and use a long, sharp knife to slash through them a few times to chop slightly. Break the goats' cheese into bite-sized pieces and add in on top, tear the basil leaves over and add the pine nuts. Gently toss everything together and serve at once.

Pasta with lemony chicken and a kale and cashew nut pesto

I've used wholewheat pasta as the healthier option and have added the chicken for extra protein, but prawns work equally well. Even without the meaty or fishy part, this dish is totally scrumptious.

SERVES 4

- 350g wholewheat pasta
- 1tbsp olive oil
- 3 large chicken breasts, cut into bite-sized chunks
- Leaves from 3 sprigs of fresh rosemary, finely chopped (or 2tsp dried oregano)
- Finely grated zest of 1 lemon
- Sea salt and freshly ground black pepper

PESTO:

- 100g kale, hard stalks removed
- 1 garlic clove
- 50g cashew nuts, toasted
- 25g Parmesan, finely grated
- 25g fresh vegetable or chicken stock
- 1tbsp extra virgin olive oil
- Sea salt and freshly ground black pepper

TO SERVE:

- Leaves from ½ bunch of fresh basil (optional)
- Bring a large pan of salted water to the boil and put the pasta on to cook for as long as is recommended on the packet.

- As the pasta cooks, heat oil in a large frying pan over a medium-high heat. Toss chicken in a medium bowl with rosemary (or oregano) and salt and pepper. Cook for about 8 minutes, stirring regularly, until it is golden and completely cooked through.
- In the meantime, make the pesto. Whizz all of the ingredients together in a food processor or blender to give a rough paste. Season to taste and set aside.
- Once the pasta is cooked, drain it well, return to the pan, cover and keep warm.
- Once the chicken is cooked, tip it in on top of the pasta along with the pesto. Add the lemon zest and stir everything together. Check the seasoning and then divide among the serving plates. ➔





Sweet potato fish pie with haddock, salmon and dill

During the six o'clock scramble, when all I really want to do is flop down on the sofa with a large glass of something white and cold, spending hours making dinner for the family is not really on the top of my list. This super-quick fish pie can be made in a heartbeat and you can change up the fish to vary the taste. I hope it will earn a place on your weekly dinner plate.

SERVES 4

POTATO TOPPING:

- 500g sweet potatoes (about 2 medium), peeled, cut into 2cm dice
- 300g potato (about 1 large), peeled and cut into 2cm dice
- 25g butter
- Good pinch of freshly grated nutmeg
- Sea salt and freshly ground black pepper

FISH FILLING:

- 2tbsp cornflour
- 300ml semi-skimmed milk

- 700g MSC-certified fish, skinless, cut into bite-sized chunks (I like to use haddock and salmon)
- 150g frozen peas
- ½ bunch of spring onions, sliced
- Fronds from ⅓ bunch of fresh dill, finely chopped
- 100g crème fraîche
- Sea salt and freshly ground black pepper

● Preheat the oven to 200°C (fan 180°C), 400°F, Gas Mark 6.

● Bring a medium pan of salted water to the boil and cook the potatoes together for 10 to 12 minutes or until tender. Alternatively, steam the potatoes, in which case they tend to take on less water, making for a stiffer, drier (and better) sweet potato mash. As this cooks, put the cornflour in a wide pan with a little of the milk and stir until dissolved and smooth. Then add the rest of the milk while stirring all the time. Place on a low to medium

heat and, while continuing to stir all the time, bring to a simmer and cook for a few minutes until slightly thickened. Then add the fish, peas, spring onions and dill and cook gently for about 3 minutes, stirring regularly to prevent it from catching on the bottom. Carefully stir in crème fraîche and salt and pepper, to taste. Remove from the heat and tip into a 2.5 litre ovenproof dish (mine measures 25cm square and 6cm deep).

● Once cooked, drain the potatoes well and tip them back into the pan. Mash until smooth (or use a Mouli grater or potato ricer) with the butter, nutmeg and enough salt and pepper to taste. Place spoonfuls of the mashed potato all over the top of the fish filling and spread it out evenly with a fork. Grate over a little more nutmeg if you fancy it and pop on a baking tray in the oven for about 20 minutes until the top is just catching colour and the fish filling is piping hot. Serve at once.

Beetroot risotto with feta cheese and mint

This beautifully coloured risotto is quick, simple and very, very flavourful. It is really important to use a good-quality fresh stock for a good risotto. This risotto will have a more nutty flavour using the wholesome grain that is barley or short-grain brown rice. Serve with a handful of rocket with some balsamic dressing on for a bit of extra flavour.

SERVES 4

- 1tbsp olive oil
- 1 large red onion, finely chopped
- 450g cooked beetroot (vac-packed, but not the vinegared type)
- 2 garlic cloves, finely chopped

- Leaves from 2 sprigs of rosemary, finely chopped
 - 300g wholegrain barley (not pearl barley) or short-grain brown rice
 - 1 litre of a good liquid chicken or vegetable stock
 - Sea salt and freshly ground black pepper
- TO SERVE:
- 100g feta or goats' cheese
 - Leaves from ½ bunch of fresh mint
 - 25g pine nuts or walnut pieces, toasted

- Heat oil in a large sauté pan over a low heat. Sauté onion for 10 mins until really soft.
- Meanwhile, pop the beetroot in a blender, purée until smooth and set aside.

- Add the garlic and rosemary to the softened onion and cook for 1 minute. Stir in the rice and cook for 1 minute more. Add a quarter of the stock and stir regularly until it has been absorbed by the rice. Then add another quarter of the stock and continue this process until all has been used up and the rice is tender. This will take 20 to 25 minutes.
- Stir in the beetroot and season with salt and pepper, to taste. Warm through for a couple of minutes until piping hot.
- Spoon the risotto on to serving plates and crumble over the feta or goats' cheese. Scatter over the mint and pine nuts or walnuts and serve. ➔



Try this

Raw beetroot can be peeled, sliced, seasoned and roasted for about 30 mins at 200°C (fan 180°C).



Quinoa with raisins, walnuts and parsley

I am a great lover of batch-making stuff and this is one for lunches and dinners that lasts for 2 to 3 days in the fridge. Replace the raisins with dates, apricots or even figs, change up the parsley by using coriander and finish off the dish with pomegranate seeds for a jewelled look. This is the perfect accompaniment for the Chermoula roast salmon (see opposite page).

SERVES 4-6

- 250g quinoa
 - 50g walnuts or pine nuts, roughly chopped
 - 75g raisins
 - Juice of 1 lemon
 - 1tbsp extra virgin olive oil
 - Leaves from a bunch of fresh flat-leaf parsley, really finely chopped
 - Sea salt and freshly ground black pepper
- Put the quinoa on to cook according to the packet instructions.
 - As the quinoa cooks, put the walnuts or pine nuts in a small frying pan with no oil over a medium heat and toast the nuts for 3 to 4 minutes or until golden brown. Remove from the pan, tip into a large bowl and set aside.
 - Once the quinoa is cooked, drain it and tip it in on top of the nuts. Add the raisins, lemon juice, oil and parsley and mix everything together well. Add enough salt and pepper to taste and serve.

Chermoula roast salmon with cumin and coriander

This is a quick and easy roast, using salmon fillets. This dish goes beautifully with the Quinoa with raisins, walnuts and parsley.

SERVES 4

- 2tsp ground cumin
- 2tsp paprika (optional)
- 2tsp ground cinnamon
- 1tsp ground coriander
- 1tsp turmeric powder
- Leaves from 1 bunch of fresh flat-leaf parsley
- Leaves from 1 bunch of fresh coriander
- 2 or 3 garlic cloves, depending on how garlicky you like it, roughly chopped
- Juice of 1 lemon
- 50ml extra virgin olive oil
- 4 x 175g MSC-certified salmon fillets, skin on
- Sea salt and freshly ground black pepper

● Put the cumin, paprika (if using), cinnamon, coriander and turmeric into a dry medium frying pan over a medium heat. Toast the spices for 2 to 3 minutes, shaking the pan

now and again so nothing burns, until you just start to smell the aroma of the spices. Tip the spices into a food processor with the parsley, all but a small handful of coriander leaves, the garlic, lemon juice, olive oil and salt and pepper. Pulse it several times, scraping down the sides occasionally, to give a rough but slightly wet paste. Tip this into a baking dish that will comfortably fit the four salmon fillets.

● Place the fillets on top of the chermoula and toss them carefully until evenly coated. Leave the fillets skin-side down, cover with cling film and pop into the fridge for 1 hour (or overnight) to marinate. If you are serving this with the quinoa, then make the quinoa now.

● Just before the fish is ready to cook, preheat the oven to 180°C (fan 160°C), 350°F, Gas Mark 4. Pop the baking dish of fish and marinade into the oven and roast for 15 to 20 minutes, depending on the thickness of your salmon, or until your salmon is cooked the way you like it.

● Once cooked, remove from the oven and serve garnished with the reserved coriander leaves.



Recipes taken from Lorraine Pascale's *Eating Well Made Easy* (HarperCollins, £20). Copyright © Lorraine Pascale 2015. Photography © Myles New

Know-how
Chermoula is a heady North African spice mix that pairs beautifully with fish.





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EGGY BREAD WITH GARLIC MUSHROOMS



SPEEDY PORK & APPLE ONE-POT

DINNERS IN A DASH

Need some after-work dinner inspiration? These quick and tasty midweek meals will keep everyone in the family satisfied...

These dishes can all be on the table in 35 mins or less!



LAMB KOFTAS & FLATBREADS



SAUSAGE JAMBALAYA



Everyday cooking

Speedy pork & apple one-pot

SERVES 6 PREP: 10 mins COOK: 25 mins TOTAL COST: £7.71

1tbsp olive oil
1 red onion, finely chopped
2 cloves of garlic, finely chopped
2 or 3 sage leaves, finely chopped
400g pack pork tenderloin, cut into bite-size chunks and tossed in flour and paprika
1tbsp wholegrain mustard
200ml/7fl oz dry cider
500ml/18fl oz hot chicken or vegetable stock
2 Bramley apples, peeled, cored and roughly chopped
Savoy cabbage and potatoes, to serve (optional)

1 Heat oil in a large cast-iron casserole pot or heavy-based pan, add onion, season well and cook for 1 to 2 mins to soften. Stir in the garlic and sage, then cook for 1 min more.
2 Move onions to one side of pot, add pork and cook for about 6 mins until browned.



Then stir in mustard, increase heat and add cider. Bubble for few mins, then add stock and apples. Bring to boil and simmer on high for about 15 mins, or until thickened slightly.
3 Taste and season again, if needed. Serve with savoy cabbage and creamy mashed potato, if you like.

PER SERVING: KCALS 170; FAT 5g; SAT FAT 1g; CARBS 11g

TRY THIS... Pork tenderloin is a great cut as it can be used for fast or slow cooking and will still be tender.

Eggy bread with garlic mushrooms

SERVES 2 (2 SLICES EACH) PREP: 10 mins COOK: 15 mins TOTAL COST: £5.59

4 eggs
4tbsp milk
About 2tbsp olive oil
4 slices of crusty bread, thickly sliced
FOR THE MUSHROOMS:
1tbsp olive oil
Knob of butter
400g pack white mushrooms, sliced
3 cloves of garlic, finely chopped
Pinch of chilli flakes (optional)
Small handful of flat-leaf parsley, leaves only, finely chopped

1 Use a fork to whisk eggs and milk together, then season and put aside.
2 To prepare mushrooms, heat oil and butter in a frying pan, add mushrooms and garlic, then season. Add chilli flakes, if using, and toss in the pan for 3 to 4 mins until beginning to soften.



3 Meanwhile, heat a little of the oil in a frying pan, dip a slice of bread into the egg mixture so it's well coated, then add to the hot pan. Cook for 2 to 3 mins, then turn and cook the other side until golden. Repeat with the remaining oil and bread. Stir the parsley into the mushrooms, then pile on top of the bread and serve piping hot.
PER SERVING: KCALS 606; FAT 33g; SAT FAT 8g; CARBS 48g

TRY THIS... Do you have a sweet tooth? Serve eggy bread with a sliced banana and sugar.

Sausage jambalaya

SERVES 4 PREP: 10 mins COOK: 25 mins TOTAL COST: £8.01

1tbsp olive oil
1 red onion, peeled and roughly chopped
2 cloves of garlic, finely chopped
8 good-quality pork sausages, sliced into quarters on the diagonal
Pinch of paprika
Pinch of cayenne pepper
Handful of thyme, leaves only, chopped
1 red chilli, deseeded, finely sliced
1 green pepper, deseeded and roughly chopped
1 yellow pepper, deseeded and roughly chopped
300g/11oz basmati rice
400ml can chopped tomatoes

1 Heat oil in a large frying pan, add onion and cook for 1 min, then stir in garlic and cook for 1 min more. Add sausages and cook until no longer pink (about 5 mins). Stir in paprika, cayenne, thyme and chilli.



2 Add peppers, cook for couple of mins until softened, then stir in rice until all coated. Tip in canned tomatoes and stir well.
3 Pour in hot water to just cover and leave to simmer, topping up with more hot water as it starts to dry out (the rice will cook in about 12 mins). Taste and season, if needed, put on the lid and cook for 5 mins more before serving.
PER SERVING: KCALS 635; FAT 27g; SAT FAT 10g; CARBS 75g

TRY THIS... For a veggie version, swap the sausages for some halved chestnut mushrooms.

Lamb koftas & flatbreads

MAKES 8 PREP: 15 mins COOK: 15 mins TOTAL COST: £5.68

500g/1lb 2oz lamb mince
1 onion, peeled and grated
Pinch of ground cinnamon
Pinch of dried mint
Pinch of ground cumin
Handful of flat-leaf parsley, leaves only, finely chopped
1tbsp olive oil
Flatbreads, to serve
Red cabbage, shredded; pickled whole red chillies, and red onion, sliced, to serve (optional)
Greek yoghurt, to serve
YOU WILL NEED: 8 flat wooden skewers, soaked in water for 30 mins

1 Add mince to a bowl, season and add the onion, cinnamon, mint, cumin and parsley. Mix together using your hands.
2 Divide the mixture into 8 portions, then mould each one around a skewer to form a kofta shape. Put in the fridge to chill



overnight, if you have time, or cook straight away.
3 Heat a frying pan or griddle pan, greased with a little oil. Add the kebabs a few at a time and cook until golden brown on all sides. Eat while hot, served with flatbread, cabbage, chillies, red onion and yoghurt on the side.
PER SERVING: KCALS 277; FAT 11.5g; SAT FAT 5.5g; CARBS 25g

TRY THIS... Don't like lamb? Use minced pork or chicken instead. Alternatively, try turkey for a low-fat version.



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Autumn's sweetest treats

Welcome the season with these scrumptious cakes and puds – all with a fruity twist!



Chocolate & orange cake

Could this be the best flavour combo?

SERVES 8 PREP: 15 mins

COOK: 50 mins TOTAL COST: £8.13

- 225g/8oz butter, softened
- 225g/8oz golden caster sugar
- 4 eggs, lightly beaten
- 175g/6oz self-raising flour, sifted
- 1tsp baking powder, sifted
- 50g/2oz cocoa powder, sifted (try Green & Black's Organic Cocoa, available at most supermarkets)
- 1tsp vanilla extract
- 2tbsp apricot conserve
- Zest and juice of 1 orange

FOR THE GANACHE:

- 200ml/7fl oz double cream
- 100g bar plain chocolate (70% cocoa solids), chopped into pieces

YOU WILL NEED: A non-stick

23cm/9in (1.8 litre/3¼pt capacity)

Bundt tin, brushed with melted butter

● Preheat oven to gas mark 3/170°C (150°C in a fan oven). Use a food mixer to beat together the butter and sugar for 10 mins, or until pale and creamy. Slowly add the eggs, a little at a time, along with a little flour to stop the mixture from curdling. Mix remaining flour with baking powder and cocoa.

● Using a metal spoon, fold in flour and cocoa mixture. Add vanilla extract, apricot conserve and orange zest and juice, and stir until a dropping consistency. Spoon into tin and shake gently to level. Put in oven for 35 to 45 mins until risen and golden. To check it's cooked, poke a skewer into the middle and it should come out clean. If not, cook for 5 mins then test again. Remove cake from oven, let it rest for a few mins then invert on to a wire rack and leave to cool completely.

● To make the ganache topping: heat cream in a heatproof bowl over a pan of barely simmering hot water, then add the chocolate pieces and stir until melted and combined (it needs to be loose enough to drizzle but thick enough to stay on the cake). If too thick, stir in a little more cream, then spoon loosely over the cake and leave to set. Transfer to a cake stand. PER SERVING: KCALS 710; FAT 44g; SAT FAT 26g; CARBS 70g



Try this
Moist and fruity, this cake will keep in an airtight tin for up to 1 week (if it hasn't been eaten by then!).

Plum, cinnamon & pecan cake

A rustic cake that's heavenly with a dollop of crème fraîche.

SERVES 8 PREP: 15 mins COOK: 45 mins

TOTAL COST: £6.75

- 175g/6oz butter, softened
- 175g/6oz golden caster sugar
- 3 eggs, lightly beaten
- 75g/3oz plain flour
- 1tsp baking powder
- 1-2tsp ground cinnamon
- 75g/3oz ground almonds
- 50g/2oz pecans, roughly chopped
- 6 plums, stoned and roughly chopped
- Icing sugar, to serve (optional)
- Crème fraîche, to serve (optional)

YOU WILL NEED: A 20.5cm/8in deep round loose-bottom springform cake tin, lightly greased and lined

- Preheat oven to gas mark 4/180°C (160°C in a fan oven). In a food mixer, beat together butter and sugar for 10 mins until creamy.
- Slowly add the beaten eggs, a little at a time, with a little flour, beating well before each addition. Then fold in the rest of the flour, baking powder and cinnamon.
- Stir in the almonds, pecans and plums. Spoon mix into tin and put in oven for 40 to 45 mins until risen and golden (check it's ready using a skewer). Remove from oven and leave for 15 mins, then loosen with a knife around edge and release from tin. Sit cake on a wire rack to cool completely. Dust with icing sugar and serve with crème fraîche. PER SERVING: KCALS 424; FAT 30g; SAT FAT 13g; CARBS 32g ➔

Bake it!



Ginger, chocolate & pear cake

This stunning cake is surprisingly easy to make.

SERVES 12 PREP: 15 mins

COOK: 1 hr 10 mins

TOTAL COST: £8.79

- 175g/6oz butter
- 175g/6oz dark brown sugar
- 1tbsp golden syrup
- 1tbsp black treacle
- 1tsp chopped crystallised ginger
- 2 or 3 balls of stem ginger, finely chopped, plus some syrup
- Good pinch of ground ginger
- 3 eggs, lightly beaten
- 250g/9oz ground almonds
- 100g/3½oz plain flour
- 1tsp bicarbonate of soda
- 100g bar plain chocolate (70% cocoa solids), chopped
- 3 pears, peeled, halved and cored (toss in lemon juice to prevent discolouration)

YOU WILL NEED: A square 20.5cm/8in x 5cm/2in deep tin, lightly greased

- Preheat oven to gas mark 3/170°C (150°C in a fan oven). Add butter, sugar, syrup and black treacle to a pan. Heat until it begins to bubble a little, stir to combine, then simmer for about 3 or 4 mins. Remove from hob and put to one side to cool.
 - When cool, mix in crystallised, stem and ground gingers. With a wooden spoon, add eggs, a little at a time, mixing after each addition. Stir in almonds, flour, bicarbonate of soda and chocolate.
 - Sit pears in the tin, cut side down. Carefully pour the mixture over to cover and then put in oven for 50 to 70 mins, or until golden and risen. To check it's cooked, poke a skewer into the middle and it should come out clean. If not, cook for 5 mins then test again. Remove from oven, allow to cool in tin, then loosen edges and turn out on to a wire rack before serving.
- PER SERVING: KCALS 394; FAT 27g; SAT FAT 10g; CARBS 32g

Apple & vanilla pudding

A wonderfully light vanilla sponge tops a sweet apple filling that has a delicious citrus zing.

SERVES 4-6

PREP: 20 mins COOK: 45 mins

TOTAL COST: £6.87

- 125g/4oz butter, softened
- 125g/4oz golden caster sugar
- 2 eggs, lightly beaten
- 125g/4oz self-raising flour
- 1-2tsp vanilla extract
- 1tbsp milk
- Icing sugar, for dusting
- Custard or cream, to serve

FOR THE FILLING:

- 3 or 4 eating apples, peeled, cored and roughly chopped (tossed in lemon juice to avoid discolouration)
- Finely grated zest of 1 orange

YOU WILL NEED: A deep-sided, ovenproof dish, lightly greased

- Preheat oven to gas mark 4/180°C (160°C in a fan oven). To make the filling, sit the apples and orange zest in an ovenproof dish, mix so combined and put to one side.
 - Using a food mixer, beat together butter and sugar until pale and fluffy. Slowly add eggs, a little at a time, beating between each addition, then fold in the flour until combined. Stir in the vanilla extract and milk.
 - Spoon mixture over the apples and put in oven to bake for 35 to 45 mins, until risen and golden. Dust with icing sugar and serve generous portions with either custard or cream.
- PER SERVING: KCALS 574-383; FAT 30-20g; SAT FAT 17-11g; CARBS 70-46g



Pear & almond tart

Bring out this showstopper and enjoy the smiles!

SERVES 8-10 PREP: 20 mins
COOK: 1 hr TOTAL COST: £8.76

- 500g pack shortcrust pastry (there will be some left over)
- 2tbsp plain flour, plus extra for dusting
- 125g/4oz butter, softened
- 125g/4oz soft brown sugar
- 125g/4oz ground almonds
- 1 egg, lightly beaten
- Finely grated zest of 1 lemon
- 4 pears, peeled, cored and quartered (toss in lemon juice to avoid discolouration)
- Handful of flaked almonds
- Icing sugar, to serve (optional)
- Cream or crème fraîche, to serve

YOU WILL NEED: A loose-bottom, oblong flan tin, 35.5cm/14in x 12.5cm/5in, baking parchment and baking beans

● Preheat oven to gas mark 6/200°C (180°C in a fan oven). Roll out pastry on a lightly floured board, larger than the tin, then carefully lay it in the tin letting the edges overlap. Fill with baking parchment and baking beans and put in oven for about 15 mins or until the edges are just turning golden. Remove from oven, remove beans and paper, then put aside to cool. Once cool, trim pastry edges. Turn the oven down to gas mark 4/180°C (160°C in a fan oven).

● While that's cooking, use a food mixer to beat together the butter and sugar until well combined. Beat in almonds and flour, then add the egg and lemon zest.

● Spoon mixture into cooled pastry base, smooth, then press the pears, cut side down, into the tart mixture, alternating the way they face. Sprinkle with almonds then put into the oven for 35 to 45 mins or until golden. To check it's cooked, poke a skewer into the middle and it should come out clean. If not, cook for 5 mins then test again. Remove from oven and leave to cool in the tin then release and sit it on a serving board or plate. Dust with icing sugar, slice and serve with cream or crème fraîche.

PER SERVING: KCALS 576-460; FAT 38-31g; SAT FAT 14-11g; CARBS 51-41g

Try this

You can swap the pears for apples or plums, if you like – it's just as delicious.





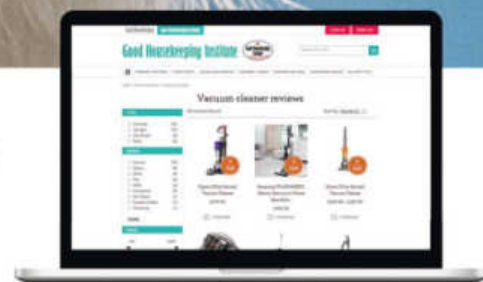
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Pumpkin patch

In October, pumpkins are the stars of the show. Not only can kids use them to make scary Halloween lanterns, they're also delicious for a grown-up casserole with chicken, or pork and seasonal wild mushrooms. Other autumn treats include kale and celeriac (fabulous roasted as chips) and English apples and pears. Use them for making chutney and toffee apples (right), or fruity puds (see our recipes from page 136).

It's time for toffee apples!

Put 200ml water and 150g caster sugar in a large pan, then bring to the boil until it is starting to turn a deep golden colour. Stick wooden lolly sticks into the tops of 4 or 6 apples with crisp (not waxy) skins. With the heat off, dip each apple into the toffee mixture and turn to coat. Place on a sheet of baking parchment to set.



3 hot chocs that rock...

Cooler days have their compensations!

1 Charbonnel et Walker The Chocolate Drink Original,

£5.99 for 300g, supermarkets. Rich, warming and delicious with a smooth creamy texture, frothy top and a fab hit of choc!



2 Prestat Midnight Hot Chocolate Flakes, £6.96, 175g.

Whip up a heavenly drink in minutes. And with these 70% cocoa flakes, a little goes a long way.



3 Green & Black's Organic Hot Chocolate Drink, £3.59 for 300g, supermarkets. Extremely indulgent, silky smooth and intense. Snuggle up with this one for a good night in!



Cook it, eat it, love it!



A SPRINKLING OF GOODNESS

We're sprinkling, stirring and blending chia seeds into our food from breakfast to supper. These tiny seeds are rich in omega 3s and are a healthy must-have for your store cupboard! You can sprinkle them on to muesli or salad or stir into a risotto. The range has whole and milled chia seeds, plus berry mixes.

• From £3.99 for 100g, Chia Via, Ocado and health food stores

A DATE FOR YOUR DIARY...

Now's your chance to see master bakers rolling their sleeves up at The Cake & Bake Show, from celebrity cake maker Eric Lanlard to *Bake Off* stars Jo Wheatley and John Whaite.

We have four tickets to the show, which takes place in Edinburgh (30 Oct to 1 Nov) and Manchester (15 to 18 Nov), and a KitchenAid Artisan Golden Nectar 4.8 litre tilt-head stand mixer to give away! Email your name and address to cakeandbakeprima@icloud.com by 2 Oct, plus the show you'd like to attend.

Fab prizes!



GLUTEN-FREE GOODIES

If you follow a gluten-free diet, you don't need to miss out with these new shortbread treats in classic, choc chip or ginger and lemon flavours. They're light and buttery, with no compromise on flavour. Worthy of a cuppa, indeed!

£2.50 for 140g, Walkers Shortbread





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SEE OVER THE PAGE FOR OUR FAB 11-PAGE MAKES SECTION



EXCLUSIVE PATTERN

Call charges apply

MAKE A PRETTY TOP OR BLOUSE

Dressed up or down, our easy slouch top and on-trend peasant blouse are both super flattering for all figures

RIGHT: A simple slouchy top like this will work with everything in your wardrobe.

We like it best paired with statement trousers and pointed pumps.

Trousers, £12.90, xs-l, Uniqlo.

Nude **watch**, £69, French Connection.

Nude **pumps**, £69, 3-8, Dune

FAR RIGHT: Glam separates make a chic alternative to a party dress. Just add a pair of swoon-worthy heels!

Lace **skirt**, £55, 8-20, Autograph at Marks & Spencer. Box **clutch**, £22, F&F at Tesco. Cocktail **ring**, £6.99, New Look. Lace-up **heels**, £85, 3-8, Dune

For where to buy, see page 176



Get making!

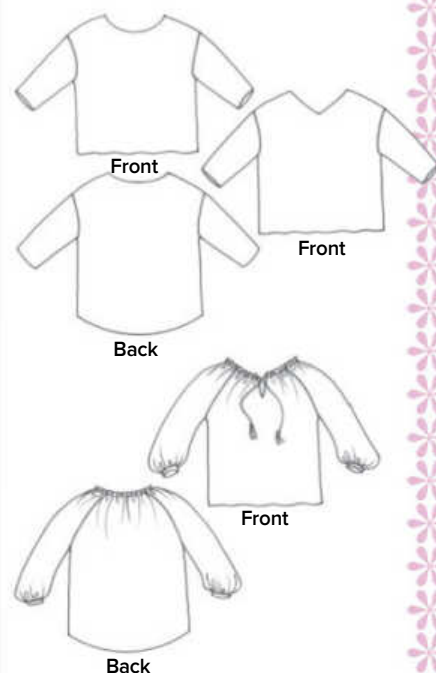
NEED TO KNOW

WOMEN'S SIZES 10-20

The simple slouch top has a dipped back hemline, three-quarter length sleeves and can be made with either a boat neck or V-neck. You'll need a little more time to make the peasant blouse, which has a drawstring neckline, dipped back hemline and long raglan sleeves gathered into narrow bands.

FABRIC Choose fine, soft fabrics that drape well, such as viscose, silk, polyester, fine crêpe and fine jerseys. We used fine wool crêpe and striped linen jersey for the slouch tops, and printed cottons and Japanese polyester crêpe for the peasant blouses. All fabrics are from Cloth House.

INSTRUCTIONS The pattern pieces, cutting layouts and sewing instructions are all included on the Prima pattern.



Dress down for off-duty days by making stripes and teaming with boyfriend jeans and brogues.

Long-sleeved **T-shirt**, £12.95, xxs-xxl, Gap. Boyfriend **jeans**, £32, 8-20, Rochelle Humes for Very. **Brogues**, £24.99, 3-9, New Look

For a grown-up take on the boho trend, team your peasant blouse with a fringed bag and slim-fit trousers.

Skinny **jeans**, £10, 6-24, George. Fringed **bag**, £79, La Redoute. Ankle **boots**, £22, 3-9, F&F at Tesco

TO ORDER THIS MONTH'S EXCLUSIVE PRIMA PATTERN,

call 0906 344 6851* (or, from the Republic of Ireland, 1560 716 141*).

If you're a subscriber and have opted in, the Prima pattern will be included FREE every month with your copy of Prima.

*Calls cost £1.50 per minute plus your telephone company's network access charge (ROI €1.28 per minute) and should last no longer than two minutes. You must be over 18 to call. UK SP: Spoke, 0333 202 3390. ROI SP: Phonovation/Spoke, 014378815. Lines close midnight, 31 October 2015. PLEASE ALLOW 28 DAYS FOR DELIVERY.



It's that time of year to sort out your wardrobe, but instead of throwing away that printed skirt, why not turn it into a pretty laptop case?

SKIRT TO FAB LAPTOP CASE



Do you have a skirt or dress lying around that you've fallen out of love with? As long as it's not a mini skirt, you can use the fabric to make a new case for your laptop.

I used interfacing on mine to strengthen it as dress fabrics are often a bit thin for a project like this. Once you've made one, why not get ahead and make a few for Christmas gifts!

THE KIT

- Skirt or dress
- Large sheet of paper
- Ruler and pencil
- Measuring tape
- Scissors
- Interfacing
- Cotton wadding or batting
- Lining
- Iron
- Pins
- Sewing machine
- Needle and thread



- Regular zip (22in)
- Zip foot
- Unpicker

LISA COMFORT CUSTOMISES IT!

THE STEPS

1 Place your laptop on a big piece of paper. Trace around the laptop then, using a ruler, add an extra 2cm around each edge. This gives you a paper pattern for the body of the case.



2 Decide how far down both sides of the case you want your zip to open and make a mark on both sides of the pattern. Measure the distance between the marked points along the top edge of the pattern. Draw a rectangle on the paper that is this length plus 2cm, for seam allowances, by 4cm wide.

3 Measure between the marked points around the bottom edge of the pattern. Draw a rectangle on the paper that is this length plus 2cm, for seam allowances, by 5cm wide.

4 Cut out two main body pieces in fabric, interfacing, cotton wadding and lining. Cut small notches at the zip marks. Cut out two rectangles from step 2 in fabric and interfacing – these are for inserting the zip. Cut out one rectangle from step 3 in fabric, interfacing and lining.

5 Iron interfacing on to wrong side of all fabric pieces.



6 Pin cotton wadding to wrong side of main body pieces and stitch in place 7mm from the edge.

7 Pin the two zip rectangles together along one long edge, taking 1.5cm seam allowances. Stitch with a long machine stitch and press the seam allowances open.

8 With top stop of zip 1.5cm from the fabric end, place the zip face down and centrally over the back of the seam. Don't worry if the zip is too long – it can be trimmed later. Pin across the zip to hold it in place, then pin again from the right side and remove the pins from the back.



9 Using a zipper foot on the machine, stitch the zip in place removing the pins as you sew. Stitch across the bottom of the fabric and trim the end of the zip, if necessary.

10 Unpick the central seam. Pin and stitch the top end of the zip rectangle to one end of the remaining strip and press the seam allowances open. Pin the other two ends together to form a gusset.



11 With each end of the zip matching the notches on one main body piece, pin the gusset to the outer



‘Carry your laptop around in style with this funky case. It’s made from a skirt!’

Use your skills



11

edge of one body piece taking 1cm seam allowances. If the gusset is too long, re-pin and stitch the gusset seam to fit. Press the seam allowances open.

12 Stitch the gusset to the main body piece taking 1cm seam allowances.

13 Open the zip by about 15cm. Pin and stitch the gusset to the remaining body piece as before.

14 Make up the lining in the same way, omitting the zip section.

15 Turn the lining right side out and, keeping the outside case wrong side out, drop it into the lining. Turn under 1cm on raw edges of lining

and pin around the zip section to cover seam allowances. Slipstitch to seamline. Turn right side out through open section of zip. Voilà!



15



FLORAL FANCIES



Add some petal power with these pretty flowery makes



LETTERBOX LOVELIES

Give cards and invitations a personal touch with some cute floral envelopes

YOU WILL NEED

- Edging scissors
- Thick double-sided patterned paper
- Ruler
- Pencil
- Hot glue gun
- Paper punch
- 20cm of ribbon (5mm in width) for each envelope

TO MAKE

- 1 Decide on the size of your envelope. Cut a square from the paper about half as big again using edging scissors. So, for a small square envelope measuring about 10cm x 10cm (ideal for a gift voucher), cut a square of 15cm x 15cm.
 - 2 Find the centre of the square using a ruler and mark with a pencil. Fold the four corners towards the centre overlapping by 3mm, and fold the edges flat. Stick the edges together with the glue gun, leaving the top flap open.
 - 3 Punch a hole in the flap and in the middle of the envelope back where the folded edges meet. Tie the ribbon through the holes in the envelope.
- Paper, from £8 for 64 sheets; circle punch (small), £4; ribbon (5mm wide), £2.50, all Hobbycraft*

Feature: Catherine Woram Photo: Sussie Bell

A CHAIR TO CHERISH

You can give an old chair a new lease of life with some delightful découpage

YOU WILL NEED

- An old chair (we found ours in a charity shop)
- Découpage papers
- Scissors
- Découpage adhesive
- Brush or foam sponge
- Découpage varnish

TO MAKE

- 1 Start by making sure your chair is clean and dry. If it's dark wood, you may want to give it a coat of pale paint so the colour doesn't show through.
- 2 Work out where you'd like the different papers to go and then cut them to size.
- 3 Apply adhesive to a small area of the chair using the brush or sponge. Stick on small pieces of paper, overlapping them as you go.

- 4 Keep applying paper until the chair is completely covered, smoothing out any wrinkles using the brush or sponge.
 - 5 Leave to dry before applying a few coats of varnish for extra protection.
- Découpage papers, from £2.65, Pipii. DecoArt Americana Découpage Sealer Gloss, £2 for 59ml; Decopatch Paperpatch glue varnish, £8 for 300g, both Hobbycraft*

Not too tricky!

Get making!

Try this
You can use
découpage to
decorate photo
frames, suitcases
or even shelves.



Get making!

IT'S IN THE BAG

Use these pretty backpacks for carrying your gym kit, or as eco-friendly shopping bags

YOU WILL NEED

- Two 33cm x 45cm pieces of cotton fabric for the larger bag; two 23cm x 35cm pieces for the smaller one
- Sewing machine
- Scissors
- 2m fluoro cord for the larger bag; 160cm for the smaller one
- Safety pin and pins

TO MAKE

- 1 Fold and press a 1cm hem along one short edge of both fabric pieces. Fold over again about 3cm to make a channel for the drawstring, and press.
- 2 On the sewing machine, top stitch 2.5cm away from the folded edges at the top of both pieces. Place right sides together and stitch together along the bottom and both sides, taking a 1.5cm seam allowance. Leave a 2cm gap at the base of both sides, as this is where the cords will go.
- 3 Cut cord into two equal lengths. Turn the bag right side out and attach

Use your skills



a safety pin to one end of the first length of cord. Thread through the channel, front and back, leaving the two ends of cord hanging out. Repeat, starting at the opposite side seam with the second piece of cord. You should now have a bag with two cord strings dangling from each side of the top channel.

- 4 Turn your bag inside out and pull the cord through the gaps at the bottom of the sides, pin in place and stitch securely. Finally, turn the bag the right way around and it's ready to use.
- Floral fat quarters bundle, £7, Hobbycraft. Fluoro cord, 60p per metre, Homecrafts*

Feature: Selina Lake Photo: Debi Treloar

Use your skills



FRESH PRINTS

Brighten up your sofa with a chic envelope cushion cover

YOU WILL NEED

- Pins
- 1 piece of main fabric for the front panel, measuring 43cm x 30cm
- 1 piece of contrast fabric for the front panel, measuring 43cm x 14cm
- 2 pieces of main fabric for the back, measuring 43cm x 32cm
- Sewing machine
- Scissors
- 40cm x 40cm cushion pad

TO MAKE

- 1 Pin the two front panel pieces right sides together along the 43cm edge, taking a 1cm seam allowance. Press the seam open.
- 2 On the two back pieces, fold 1cm

along the 43cm edges to the wrong side and press. Fold 1cm over again, press and stitch along the fold.

- 3 Lay the top cushion piece flat, right side up and position one of the back pieces on top, right side down, matching the raw top edges. Pin in place. Position the remaining back piece on top in the same way, matching the raw bottom edges, so the hemmed sides overlap. Pin and stitch all around, taking a 1.5cm seam allowance.
- 4 Trim the corners diagonally then turn to the right side. Press and insert the cushion pad.

Fabric, from £22.50 per metre, Liberty. Cushion pad, £3, Hobbycraft

Feature: Gill Wright Styling: Catherine Woram Photo: Sussie Bell

Get making!

prima
exclusive

Wear classic black and white and you're guaranteed to look stylish. So it's time to get started with our fabulously chic knits...

MONOCHROME MAGIC

TURN THE PAGE FOR FULL INSTRUCTIONS 

TUNIC WITH POCKETS

A long-line top ideal for chilly days

MEASUREMENTS

To fit bust 81-86(92-97:102-107)cm.
Finished measurements: Bust
92(102:112)cm; Length to back neck
73(75:77)cm; Sleeve length 46(47:48)cm.

MATERIALS

9(10:12) 50g balls of Debbie Bliss
cashmerino aran in Black 300 (A)
and 5(6:6) 50g balls in Ecru 101 (B).
Pair each of 4.5mm and 5mm
knitting needles.
4.5mm and 5mm circular needles
(optional, see NOTE, below).

TENSION

18 sts and 24 rows to 10cm square
over st-st using 5mm needles.

ABBREVIATIONS

beg beginning; **cm** centimetres; **cont**
continue; **dec** decrease; **fol** following;
inc increase; **k** knit; **m1** make one st by
picking up and working into back of loop
lying between st just worked and next
st; **p** purl; **rem** remaining; **rep** repeat; **RS**
right side; **ssk** [slip 1] twice, insert tip of left
hand needle from left to right through the
fronts of both slipped sts and work 2 tog;
st(s) stitch(es); **st-st** stocking stitch;
tog together; **WS** wrong side.

NOTE

When working with a large number of sts,
circular needles are sometimes easier to
use, but should still be worked backwards
and forwards in rows, not rounds.

BACK

****** With 4.5mm needles and A, cast on
105(114:123) sts. K 3 rows. Change to 5mm
needles. Beg with a k row, work 8(10:12)
rows in st-st. **Dec row** K3, ssk, k to last 5
sts, k2tog, k3. Work 11 rows in st-st. Rep the
last 12 rows 2 times more, then the dec row
again. 97(106:115) sts ******. Beg with a p row,
work 9 rows in st st. Change to B. Work 2
rows in st-st. ***** Dec row** K3, ssk, k to last
5 sts, k2tog, k3. Work 11 rows in st-st. Rep
the last 12 rows 4 times more, then the dec
row again. 85(94:103) sts. Cont straight for
a few rows until back measures 50(51:52)
cm from cast on edge, ending with a p row.

Shape armholes

Cast off 5(6:7) sts at beg of next 2 rows.

75(82:89) sts. Change
to work in A only.

Shape raglans

Next row (RS) K2, ssk,
k to last 4 sts, k2tog, k2.

Next row P to end. Rep these 2
rows 2(3:4) times more. 69(74:79)
sts. **Next row** K to end. **Next row**
P to end. **Next row** (RS) K2, ssk,
k to last 4 sts, k2tog, k2. **Next**
row P to end. **Next row** K2, ssk,
k to last 4 sts, k2tog, k2. **Next**
row P to end *******. Rep the last 6
rows 7 times more. 37(42:47)
sts. Leave rem sts on a holder.

POCKET LININGS (make 2)

With 5mm needles and A,
cast on 23(24:25) sts. Beg with
a k row, work 34 rows in st st.
Leave sts on a holder.

FRONT

Work as for Back from ****** to ******. Beg with
a p row, work 6 rows in st-st. **Next row**
(WS) P15(18:21), k21(22:23), p25(26:27),
k21(22:23), p15(18:21). K 1 row. **Next row**
P15(18:21), cast off 21(22:23) sts knitwise,
with 1 st on needle after cast off, p next
24(25:26), cast off 21(22:23) sts knitwise,
p to end. Change to B. **Next row** (RS)
K14(17:20), * k next st tog with first st of
pocket lining, k across next 21(22:23) sts
of pocket lining, k last st tog with next st of
front *, k23(24:25), rep from * to *, k to end.
P 1 row. Work as Back from ******* to *******. Rep
the last 6 rows 6 times more. 41(46:51) sts.

Shape neck

Next row K12(13:14), turn and cont on
these sts only, leave rem 29(33:37) sts on
a spare needle. **Next row** Cast off 3(4:5)
sts, p to end. 9 sts. **Next row** K2, ssk, k5.
8 sts. **Next row** Cast off 3 sts, p to end. 5
sts. **Next row** K2, ssk, k1. 4 sts. **Next row**
Cast off 3 sts. Leave rem st on a safety pin.
With RS facing, slip 17(20:23) sts at centre
front onto a holder, cast off 3(4:5) sts, k to
end. 9 sts. P 1 row. **Next row** Cast off 3
sts, k to last 4 sts, k2tog, k2. 5 sts. P 1 row.
Next row Cast off 3 sts, k1. 2 sts. **Next row**
P2tog. Leave rem st on a safety pin.

SLEEVES

With 4.5mm needles and A, cast on 41(44:47)
sts. K 3 rows. Change to 5mm needles. Beg
with a k row, work 4 rows in st-st. **Inc row**
(RS) K2, m1, k to last 2 sts, m1, k2. Work 7
rows. Rep the last 8 rows 5 times more, then
the inc row again. 55(58:61) sts. P 1 row.

Not too
tricky!



Change to B. Work 6 rows in st-st. **Inc row**
(RS) K2, m1, k to last 2 sts, m1, k2. Work 7
rows. Rep the last 8 rows 4 times more,
then the inc row again. 67(70:73) sts. Cont
straight until sleeve measures 46(47:48)cm
from cast on edge, ending with a p row.

Shape armholes

Cast off 5(6:7) sts at beg of next 2 rows.
57(58:59) sts. Change to work in A only.

Shape raglans

Next row (RS) K2, ssk, k to last 4 sts, k2tog,
k2. **Next row** P to end. Rep these 2 rows 2(3:4)
times more. 51(50:49) sts. **Next row** K to end.
Next row P to end. **Next row** (RS) K2, ssk, k to
last 4 sts, k2tog, k2. **Next row** P to end. **Next**
row K2, ssk, k to last 4 sts, k2tog, k2. **Next row**
P to end *******. Rep the last 6 rows 7 times more.
19(18:17) sts. Leave rem sts on a holder.

COLLAR

With 4.5mm needles and A, k across first
18(17:16) sts of left sleeve, k last st tog with
st on left front safety pin, pick up and k11
sts down left front neck, k across 17(20:23)
sts at centre front, pick up and k11 st up
right front neck, k st on safety pin tog
with first st of right sleeve, k17(16:15) sts,
k last st tog with first st of back neck, k
rem 36(41:46). 113(119:125) sts. **1st rib row**
(WS) P1, [k1, p1] to end. **2nd rib row** K1, [p1,
k1] to end. These 2 rows **form** rib and are
repeated until collar measures 6cm, then
change to 5mm needles and cont in rib
for a further 12cm. Cast off in rib.

TO MAKE UP

Join collar, raglan and underarm seams,
reversing the collar seam for first 14cm to
allow for roll-over. Join side and sleeve seams.

Get making!



SLIPOVER TOP

Wear this over
a white shirt and
you're office ready
in an instant – and
you'll feel cosy, too!



TURN THE PAGE FOR FULL INSTRUCTIONS 

Get making!

MEASUREMENTS

To fit bust 81-86(92-97:102-107)cm.
Finished measurements: Width
across back 40(45:50)cm; Length
to shoulder 46(51:56)cm.

MATERIALS

6(7:8) 50g balls of Patons Merino
Extrafine DK in Black 00199.
Pair of 3.75mm knitting needles.
8 small buttons.

TENSION

24 sts and 42 rows to 10cm square
over patt using 3.75mm needles.

ABBREVIATIONS

beg beginning; **cm** centimetres; **cont**
continue; **k** knit; **p** purl; **patt** pattern; **psso**
pass slipped st over; **rem** remaining; **rep**
repeat; **RS** right side; **st(s)** stitch(es); **tbl**
through back loop; **tog** together; **yrn** yarn
round needle; **WS** wrong side.

BACK

With 3.75mm needles, cast on 103(115:127)
sts. P 3 rows. Now work in patt as follows:

1st row (RS) P7, [k1, p3] to last 4 sts, p3.

2nd row P to end. **3rd row** P7, [p2, k1, p1]

to last 8 sts, p8. **4th row** P to end. These 4
rows **form** the patt and are repeated. Cont

in patt until back measures 20cm, ending
with a WS row. **Next row** Cast off 4 sts

purlwise, patt to end. **Next row** Cast off 4
sts knitwise, p to end. 95(107:119) sts. Now

work in patt as follows: **1st row (RS)** P3, [k1,
p3] to end. **2nd row** P to end. **3rd row** P3,

[p2, k1, p1] to last 5 sts, p5. **4th row** P to
end. These 4 rows **re-set** the patt and are

repeated until back measures 46(51:56)cm
from cast on edge, ending with a WS row.

Shape shoulders and back neck

Next row (RS) Cast off 6(7:8) sts, patt until
there are 25(28:31) sts on the right hand

needle, turn and cont on these sts only,
leave rem sts on the needle. **Next row**

Cast off 4 sts, p to end. **Next row** Cast off
6(7:8) sts, patt to end. Rep the last 2 rows

once more. Cast off rem 5(6:7) sts. With
RS facing, slip 33(37:41) sts at centre back

onto a holder, rejoin yarn to rem sts, patt to
end. **Next row** Cast off 6(7:8) sts, p to end.

Next row Cast off 4 sts, patt to end. Rep
the last 2 rows once more. **Next row** Cast

off 6(7:8) sts, p to end. Cast off rem 5(6:7)
sts. Mark the position for 8 buttons, 4 on

each garter st back buttonband, the first
on the 4th row after cast on edge, this will

be a WS row, the fourth on a WS row

Not too
tricky!

just below the 4-st cast off edge, with
the rem 2 spaced evenly between.

FRONT

Work buttonholes as follows: [p2, yrn,
p2tog, p to last 4 sts, p2tog tbl, p2] on WS

rows to match Back button markers (the
first buttonhole will be worked on the 2nd

patt row). With 3.75mm needles, cast on
95(107:119) sts. P 3 rows. Now work in patt

as follows: **1st row (RS)** P3, [k1, p3] to end.

2nd row P to end. **3rd row** P3, [p2, k1, p1]
to last 5 sts, p5. **4th row** P to end. These

4 rows **form** the patt and are repeated,
working buttonholes as given above on

WS rows to match button markers. Cont in
patt until 10 rows fewer have been worked

than on Back to start of shoulder shaping,
so ending with a WS row.

Shape front neck

Next row (RS) Patt 37(41:45), turn and cont
on these sts only, leave rem 58(66:74) sts

on a spare needle. Cast off 2 sts at beg
(neck edge), p to end. Patt 1 row. Rep the

last 2 rows 3 times more, then the first of
these 2 rows again. 27(31:35) sts.

Shape shoulder and front neck

Next row Cast off 6(7:8) sts, patt to end.
Next row Cast off 2 sts at beg (neck
edge), p to end. Rep the last 2 rows

once more. **Next row** Cast off 6(7:8) sts,
patt to end. Cast off rem 5(6:7) sts. With

RS facing, slip 21(25:29) sts at centre front
onto a holder, rejoin yarn to rem sts on

spare needle, patt to end. 37(41:45) sts.
P 1 row. Cast off 2 sts at beg of next row,

patt to end. Rep the last 2 rows 4 times
more. 27(31:35) sts.

Shape shoulder and front neck

Next row Cast off 6(7:8) sts, p to end.
Next row Cast off 2 sts (neck edge),

patt to end. Rep the last 2 rows once
more. **Next row** Cast off 6(7:8) sts,

p to end. Cast off rem 5(6:7) sts.

NECK EDGING

Join right shoulder seam. With RS facing
and 3.75mm needles, pick up and k16 sts

down left front neck, k across 21(25:29)
sts from centre front holder, pick up and

k16 sts up right front neck, 9 sts down
right back neck, k across 33(37:41) sts from

centre back neck, then pick up and k9
sts up left back neck. 104(112:120) sts.

K 2 rows. Cast off knitwise on WS.

TO MAKE UP

Join left shoulder and neck edging seam.
Sew buttons onto Back garter st button

bands, to match button markers.



Get creative with Prima's
deputy editor Sue McNeill



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PUT ON YOUR SHADES

Making your own lampshades is a lot easier than you might think. Plus, you can match your shades to your wallcoverings or soft furnishings. Elephant in My Handbag has a great selection of kits, including tools and step-by-step instructions, from £10, plus p&p. Just use your own fabric – or pick one from the company's brilliant range and have it delivered with your kit.

• For a 10% discount on your first order, use the code *Prima 10* at the checkout at elephantinmyhandbag.com.

Dates for
your diary
Don't miss these
brilliant craft fairs...

7 to 11 October
The Knitting & Stitching
Show, Alexandra
Palace, London;
[theknittingandstitching
show.com/london](http://theknittingandstitchingshow.com/london)

22 to 25 October
Made London,
One Marylebone, London;
madelondon.org

22 to 25 October
Crafts for Christmas,
SECC, Glasgow;
thecraftshows.co.uk

Sew it, make it, love it!

HAVE BENEDICT CUMBERBATCH IN STITCHES

You've watched his films and drooled over him on TV – and now you can have your very own Benedict in as many guises as you can stitch! Colleen Carrington's *Benedict Cumberstitch* (Kyle Books, £9.99) contains 15 quirky designs. Stitch him in a tux or looking quizzical as Sherlock. Ideal for beginners and experienced stitchers. Out 24 September.



PRIMA
loves

ON THE BUTTON

These novelty wooden buttons can be used for a variety of craft projects as well as making your old card look more interesting. Use them on home-made cards or add to bags and cushions, as well as clothing. There are 47 varieties to choose from and some are suitable for kids as well as adults.

• From £3.50; to order, email groves@stockistenquiries.co.uk or call 01453 883581



ON SALE NOW!

Don't miss *Prima Makes 8* – only £4.99, while stocks last. And, make a note that our fab *Prima Christmas Makes* is on sale 1 October – also £4.99!

GOT YOUR MEASURE

A pretty addition to any sewing box, this La Petite Rose mini tape measure has inches as well as centimetres. Mini tape measure, £2.95, Dotcomgiftshop



Fab holidays for foodies

Treat your taste buds to a trip that celebrates global cuisine and great produce, from olive oil harvests to award-winning chocolate factories



Laid-back Lycian hospitality

For a deeply relaxing gourmet holiday, The Dionysos Estate is a stunning foodie bolthole on one of the quietest corners of Turkey's Lycian coast. From olives to pomegranates, everything is grown here and makes it from field to table within hours. The organic Estate supplies 80% of the produce used in its three restaurants, and guests can visit the farm and its grounds between May and October. Don't miss the chance to dine with the owner Ahmet Şenol, whose daughter Didem created

the Mediterranean-style dishes that guests enjoy during their stay.

The hotel also produces and bottles Amos, its own-brand, organic, extra virgin olive oil. And, if you fancy, you can roll up your sleeves and join the olive harvest at the end of October.

THE BILL: Exclusive Escapes offers seven nights' B&B from £850 per person sharing. This includes return flights from Heathrow, Manchester or the private terminal at Stansted to Dalaman, plus transfers and a day's sea cruise. Call 020 8605 3500 or visit exclusiveescapes.co.uk.



Stay at The Dionysos Estate, where good food, wine and conversation are always on the menu!



Soak up the unique atmosphere of New Orleans and improve your cookery skills

Cajun trail in The Big Easy

Famous for delicious regional recipes and quality local ingredients, New Orleans is a great place to brush up on your cookery skills. At Langlois, you can try your hand at mixing traditional cocktails, cooking a hearty chicken gumbo or creating the perfect shrimp bisque. (From £51 for a half-day course; langloisnola.com.)

Enjoy the atmosphere and try local dishes at one of the many bustling food markets. The market in the French Quarter is the oldest in the US. And don't miss a visit to Café du Monde. Its chicory-laced café au lait and sugar-dusted beignets are world famous and delicious!

A road trip south-west of New Orleans will take you along the

Great River Road, past many alligator-infested swamps and beautiful bayous to Cajun Country and Avery Island. A must-do is a guided tour of McIlhenny Company's Tabasco sauce factory on Avery Island followed by a tasting-session (for those of you that can handle the heat).

THE BILL: Le Méridien is a chic yet affordable hotel in the centre of New Orleans. Double rooms start from £126 a night; lemeridienneworleanshotel.com. Virgin Atlantic flies daily from Manchester to Atlanta with frequent onward connections to New Orleans from £796 per person return; virginatlantic.com. For more information on New Orleans, visit neworleanscvb.com.

Discover Liguria, the home of pesto

Liguria is a prime destination for food lovers, as it's known for its regional specialities and, above all, for being the birthplace of pesto. It doesn't offer the stereotypical pizza of Italy but unique dishes, such as cappon magro (seafood salad), farinata (chickpea pancake), burrida (fish stew), cima alla Genovese (veal breast stuffed with herbs), focaccia, and trofie (Ligurian pasta) with pesto alla Genovese (the world's original pesto).

Visitors can get a taste of Liguria by visiting its olive groves and vineyards, which are cultivated on the steep hillsides looking out to sea. OliOliva, held in mid-November each year (13 to 15 November 2015), is a four-day festival in Imperia that celebrates Liguria's 'green gold' with cooking demonstrations, markets and lots of eating opportunities.

THE BILL: HF Holidays offers a Cooking & Walking in Liguria seven-day tour based in Bonassola, a small coastal town on the Italian Riviera, from £969 per person. This includes half-board accommodation, four cooking sessions, local transport and return flights. Call 0345 470 8558 or visit hfholidays.co.uk.



Vernazza is a picturesque fishing village in the heart of Liguria where you'll find fresh fish and lots of pesto

On the gourmet trail in France...



Don't miss the fabulous gardens during your coffee stop at the Château de Pommard

Bountiful Burgundy

Treat yourselves to a **gastronomic walking holiday** in beautiful Burgundy, a region with a rich tradition of food and wine. Go on daily walks down country lanes and vineyard tracks, taking in villages, vine-clad hills and ancient oak forests. Enjoy lunch in a selection of medieval towns, including Nuits-Saint-Georges, sample fine wines in 18th-century cellars and walk the historic streets of Dijon. Plus, you'll feast on a five-course dinner each evening, full of regional specialities and local wines.

THE BILL: Headwater offers a six-night stay from £1,128 per person including all dinners, self-drive Eurotunnel return, luggage transfers between hotels, detailed maps and walking routes. Call 01606 828150 or visit headwater.com.

Tastes of Provence

Responsible Travel offers a **cooking and walking break**, taking you on a journey from farm to fork! Stay in a family-run auberge, nestled in a typical Provençal village just 40 minutes from Nice, with views out to olive-laden hills and the Mediterranean beyond. You can go hiking in the hills with Benoit, your host and expert local guide. And, with trips to local producers and vineyards for sampling and sipping, plus a day in the kitchen with Corinne, Benoit's partner, learning to cook local dishes, you'll return a true foodie.

THE BILL: A three-day Provence Cooking & Walking Holiday costs from £287, including all accommodation, most meals, transfers and activities. Call 01273 823700 or visit responsibletravel.com. Fly to Nice with easyJet from £26 one-way per person; easyjet.com.



Relax at the lovely family-run auberge near Nice, which has spectacular sea views of the Med





Spend your week relaxing in the Caribbean sun and learning about the story of chocolate

Grenada: perfect for chocoholics

Love chocolate? Head to the Spice Island of Grenada for a stay at True Blue Bay Resort where you can discover the story of chocolate from 'tree to bar', visiting cocoa plantations and an award-winning chocolate factory. You'll also get to see how spices such as nutmeg, vanilla and cinnamon are grown, with plenty of opportunity to stock up at the colourful market in the capital, St George's. True Blue Bay Resort runs a complimentary weekly cookery demonstration showing you how to incorporate local ingredients into dishes as well as a weekly rum tasting. You'll even find chocolate treatments in the spa... yes, please!

THE BILL: Kenwood Travel offers seven nights at True Blue Bay from £929 per person, including breakfast and return flights. Chocolate factory and plantation trips cost £52 per person. Call 020 7749 9220 or visit kenwoodtravel.co.uk.

Moorish flavours in Spain

For an insight into the art of Moorish cuisine, Inntravel offers a special guided Moorish Flavours of Las Alpujarras break. Guests head south-east from the historic city of Granada to Las Alpujarras, where the almond-coated hills flank the southern slopes of the dramatic Sierra Nevada, the highest mountains in mainland Spain.

You'll stay at Casa Las Chimeneas, a lovingly restored rural hotel in the Alpujarran village of Mairena, where charming hosts Emma and David Illsley share their knowledge of the area. Surrounded by olive groves and organic orchards of fig, medlar and pomegranate trees, it's the perfect spot to learn about the secrets of authentic Moorish cuisine. Under the guidance of chef Tom Ryalls, four hands-on cookery demonstrations provide a real flavour of this region. Guests learn how to create Alpujarran dishes, many of which have that rich and exotic flavour of North Africa – which, on a clear day, can be seen from the village.

Later, you can explore the beautiful remote mountain region, recounted so vividly in Chris Stewart's book *Driving Over Lemons*, on a number of guided half-day walks into the surrounding

hills. Other highlights include wine-tasting at the award-winning bodega at Ugíjar, a day trip to Almería to visit the Alcazaba, a visit to the olive mill and exploring the local markets at Guadix.

THE BILL: Inntravel offers a seven-night, full-board trip from £950 per person based on two sharing, including four cookery demonstrations, local visits and transfers from Malaga airport. Call 01653 617000 or visit inntravel.co.uk.



Chef Tom Ryalls (far left) will teach you traditional Moorish recipes on your trip to Las Alpujarras



Take 5... Learning getaways

Put on your dancing shoes

For lovers of *Strictly Come Dancing*, HF Holidays offers a wide range of dance getaways where you'll soon be mastering a foxtrot or rumba.

● **GO FOR IT:** An Improvers' Ballroom and Latin dance break is available from £309 for three nights at Nythfa House. This charming country house, located on the edge of the market town of Brecon, boasts attractive gardens, an indoor swimming pool and a spa. Call 0345 470 8558, or visit hfholidays.co.uk.



Put your pen to paper



The long-established Arvon writing courses are legendary and they're now endorsed by Oxford's new professor of poetry, Simon Armitage. For all you aspiring novelists, Arvon runs an annual programme of residential courses and retreats at gorgeous houses in Devon, Shropshire and Yorkshire, tutored by leading writers.

● **GO FOR IT:** Courses and tutored retreats for all abilities start at £750, including accommodation. Call 020 7324 2554, or visit arvon.org.

A taste of the good life



With a two-day Smallholding Experience Break at Cwmcwrth Farm in Carmarthenshire, you can learn how to live the good life. The farmer Rob and his wife Fiona teach all there is to know about growing your own at this traditional Welsh smallholding. This break is ideal for animal lovers, too, and covers everything from feeding to breeding.

● **GO FOR IT:** Two nights in one of the farm's stylish barn cottages, plus meals, from £180 per person. Call 01558 669160, or visit farmstay.co.uk.

Unleash your inner Picasso



Budding artists often take inspiration from the sea, so travel to the west coast of Scotland for a Whitehouse Studio Painting Holiday in Tarbert, Argyll. It takes place at the beautiful home of artist and former wallpaper designer Karen Beauchamp, with the sea as the backdrop.

● **GO FOR IT:** Three- and five-day residential courses (£595/£895) mix location and studio-based sessions with the occasional musical evening. Call 01880 730287, or visit whitehouseart.co.uk.

Time to sew and tell



Give your sewing skills a boost with a workshop at The Textile Space in a lovely 18th-century barn on the West Sussex Downs. The course takes place from 28 to 30 October, during which time you'll create your choice of a shirt, dress or jacket under expert guidance.

● **GO FOR IT:** The workshop costs £140; call 01243 811300, or visit thetextilespaceshop.com. You can stay at The Old Store Guest House, which starts at £170 for two nights, including a full English breakfast. Visit britainsfinest.co.uk.

Curl up with a good book



Books editor Cathy Rentzenbrink picks this month's best new reads

Six cracking reads



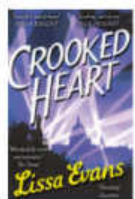
THE SEA BETWEEN US
by Emylia Hall
(Headline Review, £7.99) In the last days of a beautiful summer

in Cornwall, Robyn is saved from drowning by Jago. In the years that follow, they drift in different directions. Will the tide bring them back together? **Out now**



THE LOVE SONG OF MISS QUEENIE HENNESSY
by Rachel Joyce
(Black Swan, £7.99)

A moving, lyrical read about life, love and saying goodbye. This is a companion story to the similarly entrancing *The Unlikely Pilgrimage of Harold Fry*, but could be read alone. **Out now**



CROOKED HEART
by Lissa Evans
(Black Swan, £7.99) When lonely boy Noel is evacuated,

he finds an unlikely friend in the woman who takes him in. A gloriously atmospheric tale of life on the home front among spivs and charlatans. **Out 31 December**



A GAME FOR ALL THE FAMILY
by Sophie Hannah
(Hodder, £14.99)

A new home brings a new start for Justine and her family when they escape London to a beautiful house in Devon. But then the anonymous phone calls begin... **Out now**



BURNT PAPER SKY
by Gilly Macmillan
(Piatkus, £7.99) Every mother's worst nightmare becomes reality when Rachel

Jenner lets her eight-year-old son run ahead of her in the woods and he disappears. Then the media crucify her. Whose side are you on? Fascinating page-turner. **Out now**



LATE FRAGMENTS
by Kate Gross
(William Collins, £8.99) At just 36, Kate Gross died of colon cancer on

Christmas Day last year leaving a husband and twin five-year-old boys behind. This is a beautiful and surprisingly joyous collection of her last thoughts on life. **Out now**



MEET THE AUTHOR... EMYLIA HALL

Did you always want to be a writer?

Yes! As a child, I thought books were magical things. I grew up deep in the Devon countryside and reading was my way of exploring other worlds. Back then, my love of reading went hand in hand with writing, just as it does now.

What are the best and worst things about the life of a writer?

The freedom is the best thing. It's a way of cheating time, of living more lives than one. The worst thing is losing inspiration. When that happens, all you can do is write your way out of it.

Who or what inspires you?

I'm in the middle of writing my fourth novel and the idea for each one began with a place. For me, the characters and story come later – it's the thought of spending time in a new location that excites me first. I sit at my desk and I travel.

Can you tell us about your daily routine?

My husband and I look after our 18-month-old son equally, which means my time to write is in the afternoon. I have a hut in the garden where I tuck myself away until dinner time.

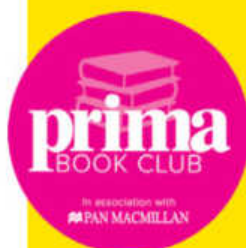
What sort of books do you like to read?

I love books with heart – I want to be made to care and have my emotions stirred. I like it when the author's sensibilities shine through, as that's when a book feels like a dialogue with its creator.

What advice would you give to someone who wants to start writing?

If you're writing fiction, don't be fooled into thinking you're just making things up – good writing always tells the truth. The way the light comes in the window, the press of someone's lips against yours. Tell the truth as you see it, and as you feel it.

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• Your time off & time out

THIS MONTH'S BEST TV, FILMS, LIVE SHOWS AND MORE

An evening out at the movies



Drew Barrymore and
Toni Collette star in
Miss You Already

MISS YOU ALREADY

Toni Collette and Drew Barrymore play best friends Milly and Jess. Though opposites – Milly has a successful career, rock star husband and two children, while Jess lives on a boat, longing for a baby – they're mates who are always there for each other. Then Milly finds out she has breast cancer. This is a lovely but heartbreaking tale of female friendship.

Out 25 September

SICARIO

In Mexico, sicario means 'hitman' – or so says the trailer for this film, which got rave reviews at the 2015 Cannes Film Festival. Golden Globe winner Emily Blunt is superb as Kate Macer, an idealistic FBI agent who gets recruited for a special task force on the front line in the war against drugs. Set in the brutal world of the Mexican drug cartel, this taut action thriller – also starring Benicio Del Toro and Josh Brolin – will keep you on the edge of your seat. **Out 9 October**

THE MARTIAN

Matt Damon is Mark Watney, the astronaut who gets left behind after an expedition to Mars goes wrong. Part *Cast Away*, part *Gravity*, this film, directed by Ridley Scott, is about Mark's struggle to survive alone while NASA first works out that he's alive, then attempts to rescue him before his food and sanity run out. It also stars Kristen Wiig (in a role far removed from *Bridesmaids*), Jessica Chastain and Sean Bean. **Out 30 September**

A WALK IN THE WOODS

Bill Bryson was in his mid-forties when he trekked the 2,000-mile Appalachian trail. But a screen adaptation of his warm and witty account now stars Robert Redford, who'll be 80 next year! However, if you can suspend your disbelief, this is a likeable film, which also stars Nick Nolte, 74, as Bryson's travelling companion Stephen Katz. Emma Thompson plays Bryson's wife. Brilliantly, of course. **Out 18 September**

Book up now!



CHELTENHAM LITERARY FESTIVAL

This annual book lovers' event in the Cotswolds features a dazzling line-up of literary talent, including Paula Hawkins, bestselling author of *The Girl on the Train*, as well as Louis De

Bernières (*Captain Corelli's Mandolin*), Michael Morpurgo and cookery guru Rick Stein (above). **2 to 11 October; cheltenhamfestivals.com**



DISNEY ON ICE: WORLDS OF ENCHANTMENT

This spectacular Disney ice-skating show arrives in September and will be touring the UK until Christmas. It features Mickey and Minnie Mouse, who visit four

magical locations: *Toy Story*, *Cars*, *The Little Mermaid* and, of course, *Frozen*. **25 September to 3 January 2016; disneyonice.co.uk**



PRISCILLA QUEEN OF THE DESERT

Jason Donovan and Duncan James (left) share the honours in a touring version of this award-winning musical. The Aussie actor and the former member of Blue take it in turns to

play Tick and both make brilliantly outrageous drag queens. Expect music, saucy humour and heels. **For tickets, visit priscillathemusical.com**



Caroline Catz and Martin Clunes return in *Doc Martin*

What's on TV

DOC MARTIN ITV

Our columnist Caroline Quentin reunites with her former *Men Behaving Badly* co-star Martin Clunes in an episode of the new series of *Doc Martin*. Although it's 17 years since they starred in the sitcom together, their on-screen chemistry is just as wonderful now. Look out for a guest appearance by an A-List Hollywood actress, too.

SIMPLY NIGELLA

BBC TWO

The original domestic goddess returns with a cookery show (and book) that promises to tap into the rhythm of our modern lives with all its pressures and pleasures. Nigella presents a completely pared down, no fuss approach to food and surviving in the kitchen that she assures us will be uncomplicated, relaxed and satisfying.



Nigella Lawson is back with a new cookery show

DOWNTON ABBEY ITV

The sixth and final series is going to be emotional! Set in 1925, there'll be nine episodes, plus a Christmas special, to tie up loose ends. Will Lady Mary remarry? How will butler Carson cope with marriage to housekeeper Mrs Hughes? An upbeat ending has been promised, but not everyone ends up happy, we're told. But, there may be a film in the works...

THE X FACTOR ITV

Along with *Strictly Come Dancing*, *The X Factor* should keep your Saturday nights occupied until December. New judges Rita Ora and Nick Grimshaw join Simon Cowell and Cheryl Fernandez-Versini (right) for the 12th series, which showcases a bumper crop of the best, worst and most eccentric acts.



A PLATE OF MEATBALLS WITH

Si King

Si King, 48, is one half of the Hairy Bikers cooking duo. He and Dave Myers are back in the saddle for a new BBC series *Northern Exposure*, where they travel to the Baltic region to sample the best it has to offer



Why did you choose the Baltic region?

Even though the countries we visited (Estonia, Latvia, Lithuania, Sweden, Poland, Russia and Finland) are our near neighbours, we know so little about them. Brits tend to be drawn to the Mediterranean to holiday, yet the food culture and the quality of the ingredients in the north is phenomenal. It's also beautiful. Finland, for example, is 78% forest with 20,000 islands and 190 lakes. Dave and I thought, 'Hell, that is something worth investigating!'

What were your highlights?

Too many to list, but it was quite something to be helicoptered into a remote part of Northern Sweden where the Sami people – the last indigenous tribe of Europe – still herd their reindeer and live off the land.

Were there any funny moments?

Lots, but it was especially funny (and terrifying) riding around St Petersburg in a hired bike and side car. It was an ancient machine without wing mirrors, so we were navigating the streets with only a vanity mirror in the sidecar. It was like the furry freak brothers let loose, with me screaming, 'Swerve Dave! We're going to hit a tram!'

What would you say are your favourite recipes from the show?

Swedish meatballs made with a fab lingonberry sauce and a stove-top stew of many different leftover meats that we discovered in Poland. It's called Bigos and is huge on flavour.

You survived what could have been a fatal brain aneurysm last year. Do you feel lucky to be alive?

I certainly do and it made *Northern Exposure* – basically my comeback show – pretty emotional as a result. There were moments when Dave

and I were travelling when I'd look into my rear-view mirror and see my mate there, right behind me and I'd think, 'Wow, I'm actually here and I'm doing this!' There had been times during my recovery when I seriously doubted I'd ever be well enough.

Was it a slow road to recovery?

It was – a brain aneurysm is definitely not something you recover from overnight. I was really fortunate though, as I had so much help and support from my family, my friends and also, of course, from Dave.

Although you and wife Jane are separated, you still refer to her as your best friend. How do you keep things so amicable?

It's not hard because we had 27 good years together and have three sons who we both adore. Life goes on and, even though we split up two and a half years ago, I'm still included in family life. Jane is always organising a do and inviting me round.

Do you have another partner now?

Yes, my partner is Australian food writer Michele Cranston. It's a long distance relationship, which can be hard, but when we're together, it's great.

You lost four stone on *The Hairy Dieters* programme. How hard is it to keep the weight off?

It was hard for me in the aftermath of the aneurysm because I wasn't able to exercise. So I put on one and half stone, which I still need to lose. But I have vowed to do it and I will.

Ever considered following in Dave's footsteps and going on *Strictly*?

God no! And I haven't been asked because I once said I'd rather eat my own feet. Funny thing is, I'm the one with the dance moves, not Dave!

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The countdown to Christmas has begun! And what's better to help you through the festive season than having your copy of Prima drop through your letterbox each month? Subscribe today to make sure you don't miss out. With expert advice to help turn your seasonal stress into Christmas cheer, stylish looks for every occasion, tips and tricks to add some sparkle to your home, fool-proof recipes for a Christmas dinner to remember and a bumper-packed gift guide, you'll certainly find it all in the festive issues of Prima. We hope you have a very Merry Christmas!

Gaby

Gaby Huddart,
Editor

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Treat yourself

Look and feel good this month



Autumn Dazzle



Strawberry Sorbet

SPECIAL OFFER – SAVE 15% PLUS FREE DELIVERY!

Our **NEW Autumn Dazzle** bouquet echoes the warm colours of rustling fallen leaves, whilst the pretty pinks of **Strawberry Sorbet** will please those who prefer more traditional colours. Whether you're marking a special occasion or simply want to say 'I love you,'

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8 PAGES OF GIVEAWAYS, PUZZLES, OFFERS AND A GREAT SHORT STORY!

Enter by
phone, text
or post

It's so easy to win!



Fun-filled autumn days

Drayton Manor Theme Park is giving one reader the chance to win a family pass, with an overnight stay at the four-star Drayton Manor Hotel worth £250*. Five runners-up will also receive a family pass worth £108!† The Staffordshire attraction is home to Thomas Land™, which will undergo a spooky makeover for Halloween! There are also rides, a 4D cinema and a 15-acre zoo.

Visit draytonmanor.co.uk. Call 0905 817 2740 (80ppm)*.

Text PRIMAWIN1 and your details to 87088 (£1.50)**

Write to Prima/Drayton Manor GVPRAL15401

Winners may visit the park on a date of their choosing from 1 April 2016 to 1 October 2016. Selected date restrictions may apply. *Hotel stays are subject to availability at time of booking. A family room is a double bed and a sofa bed for up to two children, up to the age of 10. Other room types are available at a supplement. Prize includes breakfast. †A family pass is for four people (two adults and two children). The prize is non-transferable and no cash alternative is available.

Super soup makers

Morphy Richards is giving away 10 new Sauté and Soup Makers, each worth £99.99! This hassle-free soup maker creates great tasting home-made soup in as little as 21 minutes. With five handy functions, including sauté, blend, chunky, smooth and juice, a variety of soups and smoothies can be prepared at the touch of a button. Make up to four servings in one go with its large 1.6 litre capacity. Visit morphyrichards.co.uk.

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A luxury villa with flights!

A gorgeous villa, your own private pool and a 10-minute drive from fabulous beaches, restaurants and a stunning harbour – one lucky reader will win this heavenly holiday worth £1,500! The prize is a seven-night stay for two in a gorgeous Dream Villa in Alanya, Turkey, courtesy of

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Call 0905 817 2743 (80ppm)*.

Text PRIMAWIN4 and your details

to 87088 (£1.50)** Write to Prima/

Monarch GVPRAL15404 For T&Cs, see p176



Beauty spree for nature lovers

Natural beauty lovers will love this prize as five £100 gift vouchers from PHB Ethical Beauty are up for grabs!

The award-winning collection includes skincare for women and men, hair care, body care, mineral cosmetics, and soothing natural remedies for acne, eczema and psoriasis. With over 200 products to choose from, there is something for everyone! Handmade in the UK, PHB offers the world's largest range of natural, vegan and halal-certified products. The products are free from parabens, SLS, PEG, artificial fragrance, phthalates, alcohol and formaldehyde-releasers.

Visit phbethicalbeauty.co.uk.

Call 0905 817 2742 (80ppm)*.

Text PRIMAWIN3 and your

details to 87088 (£1.50)** Write to

Prima/PHB Beauty GVPRAL15403



HOW TO ENTER: Call the 0905 number, or text PRIMAWIN followed by the number of the giveaway you wish to enter, then a space and your contact details, to 87088 (£1.50), by midnight 31 October 2015. For example: text PRIMAWIN1 Jane Smith, 1 The Cottage, London AB1 2CD. Or, send your name and address on a postcard to: The Data Solutions Centre, Worksop S80 2RT, prefixed by the offer name and code, by 3 November 2015. A separate stamped postcard is needed for each offer. *Calls cost 80p per minute plus your telephone company's network access charge and will last no longer than two minutes. **Texts cost £1.50 plus your usual network operator rate. Lines close midnight 31 October 2015. If you phone or text your entry after the advertised closing date, you will not be entered but you will be charged. Winners will be selected at random after the closing date. SP: Spoke, 0333 202 3390. We will use the information you supply to process your competition entry. For our privacy policy, visit hearth.co.uk/dp.



READER SHORT STORY

The portrait

A mother wonders what happened to her little girl

'There's a worm at the bottom of my garden!' A delightful dawn chorus from my three-year-old, excited, with a zest for daily life. Exuberant about nursery and wearing nothing but pink clothes.

Later, sitting at the foot of the stairs, dolly perched on her lap, sharing her hot buttered toast, reading to her little one, exact copycat phrases and tones of her beloved nursery teacher.

Lots of cuddles and kisses, loving being in my arms.

Playing shop, school, baking, snuggling up watching *Teletubbies* and her other favourite television shows. Happiness, joy, delight, oozing from her.

I was fearful I'd forgotten it all, but there it all is, trapped in the old video recorder; the sweet, high-pitched giggles, the diamond, dancing eyes.

When was the day these habits disappeared? When and why was she metamorphosed?

Peering through the glass door, I see her in her exhausted, after-school doze, slumped on the sofa.

'Let sleeping dogs lie,' I tell myself.

The faded portrait on the wall smiles at me and I feel an instant bond with the little girl as if she understands my heartbreak as I stare at this sleeping, beautiful monster.

I press my nose against the glass and study the dark roots peeping through the peroxide-blond streaks, the mascara-smudged cheeks, the blouse knotted to reveal the midriff. The long legs tossed over the chair's arm, barely covered by the rolled-up school skirt.

The tears prick as I try to recall what her non-cross voice actually sounds like these days. Never awake now at the crack of dawn, the surly teenager, who eventually stumbles into the kitchen, will greet me with a grunt, if I am lucky, in response to my bright 'Good morning'.

I tried an accompanying kiss on her forehead as she passed this morning; my reward, a disgruntled shrug as she strode past, the mug of tea I had passed her splashing over the floor. No attempt to wipe it up as she plodded off up the stairs.

The bang of the bathroom door, heralding the makeover process. Straighteners, sprays, cosmetic after cosmetic, the mask to face the world.

The angry response to my 'Hurry up, you'll miss the bus'. The lunch box, carefully placed by the front door, to be grabbed as she flies through it, school bag tipping up, homework probably forgotten, if done at all!

WIN
£100



Not even one word today, before she flew the nest. That four o'clock entrance is to be dreaded, especially if Joe, her latest crush, showed no sign of interest. She'll be ravenous, hunting through the cupboards. If I don't buy the biscuits, there will be screams. If I do, once they have been devoured, there will be the depression as she realises the size eight jeans still won't zip up, and it'll be my fault!

She'll not like what I've cooked for tea. Letting her eat in front of the telly could ensure it gets consumed, but should I ditch every attempt to resurrect family mealtimes and conversation?

'How was your day?' She doesn't do questions. Facebook ensures that they have no need for a question mark in their lives. It is modern evolution, no need to ask. Glued to her phone, texting as I dish up. Dare I be bold enough to suggest that manners means putting the thing down?

Conversation: a dead or dying art?

'How did we get to this?' I ask the little angel that is beaming up at me from the picture frame.

But as I stare back through the pane, I feel the love; it is still there. Those scarlet-painted lips frame what was once my baby's mouth. I long to stroke my fingers over her cheeks. I daringly push open the door. I creep. I perch on the edge of the chair. I let my fingers curl around hers. They tighten their grip.

The heavily made up eyes flutter open, I expect rage. Crystal blue stares straight at me. I await the explosion. The mouth parts and a whisper comes out.

'I love you, Mum.' I see it in her face. I hear it, actually hear it!

The sound of the shrill ringtone means her fingers let go. She quickly sits up. My balance is lost as I sprawl on to the floor. She giggles, I giggle.

She lets it ring; her choice made clear: me over the phone, as she bends to pull me up. I dare to risk it, to indulge in horseplay. I pull her down. It must have been a good Joe day. She actually plants a kiss on my cheek.

'You are funny, Mum,' and with that she is off to the kitchen.

'What's for tea? It better be something good. I'm starving.'

I wink at the little girl on the wall.



DO YOU HAVE A WAY WITH WORDS?

MEET THE AUTHOR

This month's winning author is **Joy Hindle**, a teacher from Selby, North Yorkshire, who wins £100! She says: 'I thought Prima readers

would relate well to the challenges of parenting adolescents. Having raised three and taught thousands, I know how emotional it can be!' For your chance to win, email your entry of 800 words maximum to yourwinningstory@hearst.co.uk or

post to Your Winning Story, Prima Features, 72 Broadwick Street, London W1F 9EP, including your name, address, phone number and a good quality photograph. Please note that, unfortunately, Prima cannot return any photos or stories.

Health and beauty

Treat yourself this October



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Say goodbye to the awkward sarong, it's simple to slip on, uses no knots or ties just a loop at two corners so you slip it around your back, thread opposite arms through for an elegant flattering beach dress in seconds – it's sensational! Slimming, cool and comfortable. Nineteen designs, five sizes, two lengths. Brochure: 01902 750657. www.saress.com As seen on TV.

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Reviewed as "one of skincare's best kept secrets". A luxurious rich texture of Retinol Palmitate, Vitamin E, Aloe Vera and Sunscreen. So in demand as it does so much. Lines, wrinkles, crepey eyes, crows feet, lip lines, acne-scarring, open pores, sun and

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LOOK GOOD, FEEL GOOD

Do you suffer from flatulence or know someone who does? Shreddies garments help to eliminate the acute embarrassment caused by IBS and digestive disorders. How do they work? There is an activated carbon cloth panel that absorbs the flatulence odours and neutralises the smell. Shreddies offer you the perfect solution to reducing anxiety and helping you to live an active lifestyle.

Visit www.myshreddies.com prices start from £19.

THE TWISTER

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The Twister gracefully adds an element of fluidity to your wardrobe, whilst at the same time, provides you with an enduringly versatile cropped style sweater. Team with your favourite jeans, shorts or skirt, or layer over a casual dress



when you need a little extra warmth, but still want to feel feminine and elegant. Knitted in hard wearing cotton, yet soft to the touch, machine washable. We suggest you select a size bigger than usual, for optimum 'swingability'. Original Blues – available in more colours from our store www.originalblues.uk or phone 020 8813 7766.

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Buy one
and get one
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- Afternoon tea and snacks
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TO BOOK: Visit newmarket.travel/PRM or call 0330 160 7906 quoting PRM**

TERMS & CONDITIONS: * Buy one get one half price offer applies to bookings made by 31 October 2015. Price shown includes 40% saving. Offer can be withdrawn at any time. These holidays are organised and operated by Newmarket Promotions Ltd. ABTA V787X. Subject to availability. Single supplements apply. **Standard landline call charges apply.

Save with **prima**

Autumn wardrobe update

Revamp your wardrobe for autumn with some stylish pieces from Adini Online. Here's just a small selection...



ABOVE: **ENNA TOP** (SK253). Available in Blueberry (shown) and Graphite. Sizes: XS-L2 (10-20). Length: 65cm. **Prima price £44.55** (usually £49.50).

NOTO SKIRT (SK327). Available in Blueberry (shown) and Graphite. Sizes: XS-L3 (10-22). Length: 87cm. **Prima price £45.23** (usually £50.25).

SHAWL (TWS1). Available in Zinc (shown). One size: 65x175cm. **Prima price £15.53** (usually £17.25).



ABOVE: **FLORIA BLOUSE** (TMC299). Available in Natural (shown). Sizes: XS-L2 (10-20). Length: 65cm. **Prima price £37.80** (usually £42).

SLIM JEANS (SDJ516). Available in Dark Navy (shown). Sizes XS-L2 (10-20). Length: 78cm (in seam). **Prima price £40.50** (usually £45).

ABOVE: **EVE DRESS** (HSP4087). Available in Zinc (shown). Sizes: XS-L3 (10-22). Length: 99cm.

Prima price £44.55 (usually £49.50).

WOOL SHAWL (WS1). Available in Zinc (shown). One size: 75x190cm.

Prima price £22.95 (usually £25.50).

To order, call 020 8090 0331* or visit adinionline.co.uk and enter the voucher code PRPPT when requested.

TERMS AND CONDITIONS: Offer is available on the entire Adini Autumn/Winter Collection 2015, first order only. This is an exclusive Adini Online and mail order offer and is not available at any Adini stockist. Please allow five to eight days for delivery. Depending on the contact details you give us, Hearst Magazines UK directly, or via its agents, may mail, email, SMS or phone you with offers, products and services reflecting your preferences. If you don't want offers from us or third parties, please write 'no offers' in the top left-hand part of your postal order. Please see hearst.co.uk/dp for our full data policy. Offer ends 31 October 2015.

Puzzles for you to enjoy

Three pages of fun – with cash prizes to win!

WIN
£50

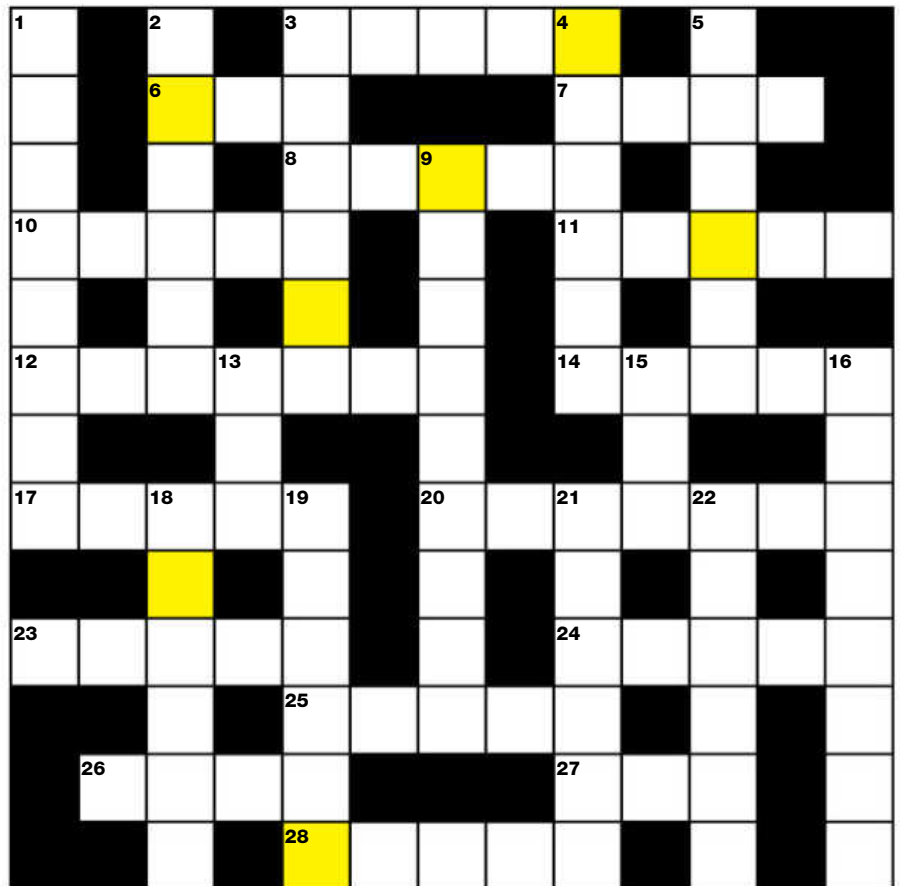
ACROSS

- 3** Belgian currency prior to the Euro (5)
6 Naturally occurring mineral (3)
7 Solution that registers less than 7 on the pH scale (4)
8 Lord ____, British peer, suspected of murder, who disappeared without a trace in 1974 (5)
10 Mammal related to the giraffe with markings similar to a zebra in parts (5)
11 Too many ____ spoil the broth, proverb (5)
12 Film version of a Shakespeare play, out this month, starring Michael Fassbender (7)
14 Stinks, smells very strongly (5)
17 I'm a ____ not a fighter, expression (5)
20 Rolled pickled herring (7)
23 Flower from Amsterdam (5)
24 Nothing (slang) (5)
25 *The Phantom of the* ____, long-running West End musical (5)
26 See 9D
27 2016 Olympic city (3)
28 Fashion (5)

DOWN

- 1** Casual, not official (8)
2 Picture or pattern made from small pieces of stone, tile or glass (6)
3 Of or relating to cats (6)
4 Zodiac sign that follows Gemini (6)
5 ____ Kidman, Australian Oscar winner currently treading the boards in London in *Photograph* 51 (6)
9 & 26A Sixth wife of Henry VIII (9,4)
13 Honey-making insect (3)
15 Conger electric fish (3)
16 Traditionally, the gem used to mark a 45th wedding anniversary (8)
18 Mr Spock's species (6)
19 Journalist's write-up, eg (6)
21 Gecko or iguana, eg (6)
22 ____ Mowbray, Leicestershire town promoted as the 'Rural Capital of Food' and known for its eponymous pork pie (6)

CROSSWORD



27 ACROSS



5 DOWN



23 ACROSS

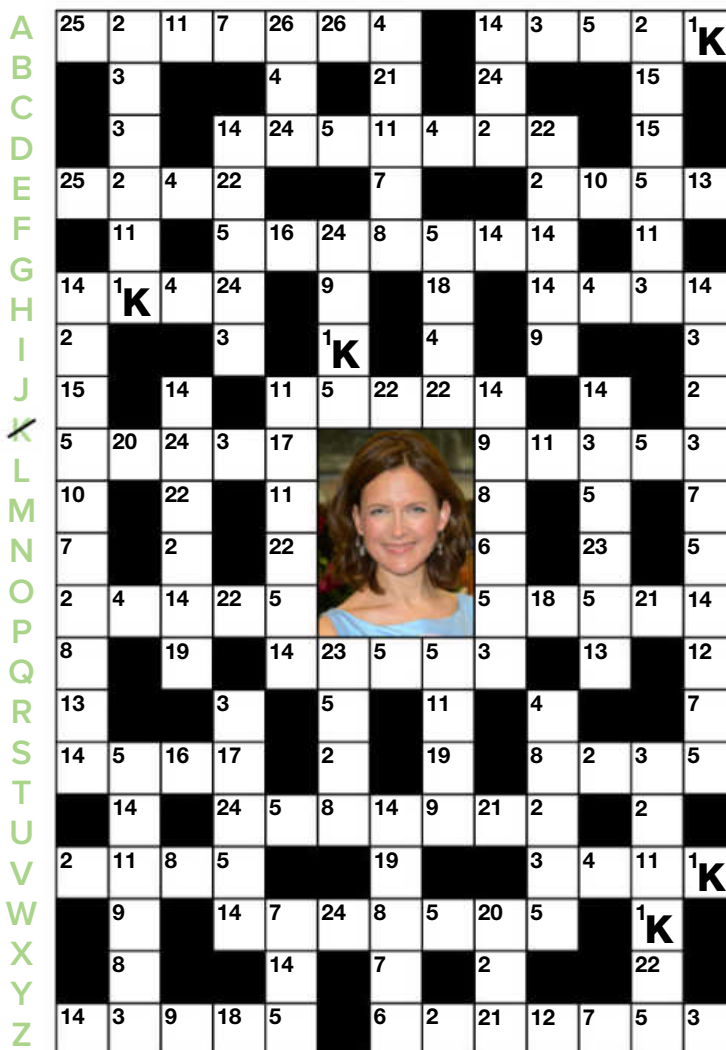
Call with your answer on **0901 609 4220***

Solve the crossword in the usual way. When completed correctly, the yellow squares, reading top to bottom, left to right, will spell out your prize answer (large tropical fruit with a really hard shell, 7). **Call 0901 609 4220*** and leave your name, address and the answer. All calls cost 65p per minute, plus your telephone company's network access charge, and should last no longer than two minutes. You can also write in – see **HOW TO ENTER** (on the following page).

WIN
£50

CODEWORD

For £50, see if Katie Derham can help you work out the number code for each letter of the alphabet. We've placed the letter K, now you do the same with the letters A, T, I and E, and on you go. When you're done, use your key grid to find out the prize word. **Call 0901 609 4221*** and leave your name, address and the answer. All calls cost 65p per minute, plus your telephone company's network access charge, and should last no longer than two minutes. You can also write in – see **HOW TO ENTER** (below).



1	2	3	4	5	6	7	8	9	10	11	12	13
K	A	T	I	E								
14	15	16	17	18	19	20	21	22	23	24	25	26

YOUR KEY GRID:

22	9	10	4	11	2	22

Call with your answer on **0901 609 4221***

HOW TO ENTER

***YOU CAN CALL WITH YOUR ANSWERS** (see numbers with the Win £50 puzzles), leaving your name and address. Or you can write in – send your answer on a postcard with your contact details to: Prima Puzzles, /PUPRAN15465 (for the Crossword), /PUPRAN15466 (for the Codeword) or /PUPRAN15467 (for the Arrow-word), The Data Solutions Centre, Worksop S80 2RT. **The closing date is midnight, 31 October 2015 (three working days later for postal entries).** If you call to enter after the closing date, you will not be entered but you will be charged. The competition is open to UK residents only and the usual rules apply.

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You can contact Prima at 72 Broadwick Street, London W1F 9EP. Tel: 020 7312 3887. Email: prima@hearst.co.uk. Prices and availability were checked at the time of going to press, but we cannot be held responsible for any later changes. ©2015 Hearst Magazines UK

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LAST MONTH'S JUST FOR FUN SOLUTIONS

SUDOKU

4	3	8	9	7	1	2	5	6
2	6	1	4	5	8	7	3	9
5	9	7	6	3	2	8	4	1
9	2	6	7	1	4	3	8	5
3	8	4	5	6	9	1	2	7
1	7	5	8	2	3	9	6	4
8	5	2	1	9	6	4	7	3
7	1	3	2	4	5	6	9	8
6	4	9	3	8	7	5	1	2

EASY PEASY

3	1	2	8	6	5	9	4	7
7	4	6	2	3	9	1	8	5
8	9	5	4	7	1	6	3	2
1	3	8	5	9	6	2	7	4
5	6	9	7	2	4	8	1	3
2	7	4	3	1	8	5	6	9
4	2	1	9	8	3	7	5	6
6	5	7	1	4	2	3	9	8
9	8	3	6	5	7	4	2	1

TOUGH STUFF

JULY 2015 PRIZE SOLUTIONS

CROSSWORD Superb **CODEWORD** Croquet
ARROW-WORD Vegetables

* Solutions to this month's prize-winning puzzles will be in the January 2016 issue.

A circular badge with a green border and a light green background. The text "WIN" is in bold black uppercase letters, and "£50" is in bold black uppercase letters below it.

ARROW-WORD

Put your feet up and win
£50 at the same time!

Fill in the grid according to the arrows. When done, the shaded yellow squares will reveal the answer to the following question:

Which day in 1954 has been deemed the 'most boring' of the 20th century, as nothing significant happened? (5,8)



Call 0901 609 4222* and leave your name, address and the answer. All calls cost 65p per minute, plus your telephone company's network access charge, and should last no longer than two minutes. You can also write in – see **HOW TO ENTER** (opposite page).

You can also write in – see **HOW TO ENTER** (opposite page).

Call with your answer on
0901 609 4222*

SUDOKU

Place the numbers from 1 to 9 in each empty cell so that each column and each 3 x 3 block contains all the numbers from 1 to 9.



Just for
FUN

3	5	7		4	2			
4				9	6	5	7	8
8				7	5	4	2	
			5		4	3	9	7
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EASY PEASY

	9		3			2	7	1
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	7		6	4				5
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TOUGH STUFF

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Your Stars for October



with
Lori Reid



Libra

24 September – 22 October

Up until now, you've been watching events without being able to do much about them. The 9th triggers a new momentum and the 13th turns a fresh page. If you're buying accessories for your home, stick to your motto: quality over quantity. In matters of the heart, love is deliciously tender.

Scorpio

23 October – 22 November

Social interests and group events are in focus this month. From the 8th, you're the life and soul of the party. The 11th is an excellent day to network your talents – someone you meet is influential and could open important doors. New ideas are seeds that will bloom for you after the 23rd.

Sagittarius

23 November – 22 December

Taking up a new hobby or activity will make you new friends this month. In the second fortnight, it's all hands on deck as work demands grow. You are loving the job and being sought-after is a bonus. But pace yourself around the 27th when the pressure mounts. A little pampering does you good.

Capricorn

23 December – 20 January

People you meet on your travels or while studying will be good company at the start of the month. A passion for faraway places burns brightly in your heart. Some unusual developments on the 11th open up a world of possibility. At work, taking the chance to show what you can do brings success.



Aquarius

21 January – 19 February

If you follow where fate leads you in October, you'll find yourself in the right place at the right time. In the first week, you're drawn back to faces and places you know. But it's the new and unfamiliar that calls you mid-month. Plans you've been hatching start coming together in the second fortnight. Then step centre stage on the 23rd – it's your time to shine.

Pisces

20 February – 20 March

Partners are eager and romance is in abundance. If you're single, follow up all invitations. What happens on the 11th could fill that space in your heart! Be clear on the 17th to avoid misunderstandings. Stay financially sharp on the 22nd as you're faced with some tough choices, while the 27th calls for a decision. Just follow your instincts.

Aries

21 March – 20 April

This month opens a new door for relationships. Stay positive even if promises are slow to materialise. The 13th marks a new chapter in your love life, whether you've just met a new partner or have been together for years. Work is busy, but you're happy. Finances are in the spotlight after the 23rd. Grab this chance to take a big group project to the next stage.

Taurus

21 April – 20 May

Open your heart to new delights, fascinating trips and romantic encounters. Work and health? Give new routines and fresh regimes a whirl. But if you're looking for a better job, brush up your CV and send it off mid-month. Make allowances for an absent-minded friend on the 17th. Expect some autumn madness in the last week, as emotions reach a peak.

Gemini

21 May – 21 June

You are enjoying turning your hand to creative tasks. Refurbishing your property is a great investment and, if you work from home, you've found a winning formula. Whether it's the patter of two little feet or of four furry paws, your household is increasing! All sorts of good things are falling into place.

Cancer

22 June – 23 July

October is a busy month for you, with lots of meetings, short trips and romantic encounters on the cards. At home, family life brings a ray of sunshine. On the 13th, you're freshly inspired and making a clean sweep. Now it's time to think about your own happiness and the things that bring you fulfilment.

Leo

24 July – 23 August

Financially, the picture is brightening. You're ambitious to improve your lot and an opportunity around the 11th is just the thing you need. Need to update your equipment, get the latest smartphone or buy a new car? Wait until after the 13th to shop. Fit in a romantic getaway in the second fortnight.

Virgo

24 August – 23 September

From the 8th, things just get better and better. At last, life sizzles with fun, pleasure and romance. At work, people recognise how brilliant you are at organising systems, untangling knots and getting to the bottom of issues. News you've been waiting for arrives and the results are glowing.

Let's remember to celebrate the small stuff!



With so many serious events going on in the world, it's important to remember the little things that give us a warm glow of contentment, says our columnist Caroline Quentin. She reveals the seemingly trivial stuff that fills her with joy

There are obvious happiness triggers, aren't there? The smell of cut grass or freshly baked bread, the warmth of the spring sunshine, birdsong and birthday cakes. But there are other things that sometimes sneak up on us, everyday objects, sounds, sights and smells that could be taken for granted but are just wonderful and make us smile. In tough times, it's vital to be mindful of these and to treasure them. I thought I'd share a few of mine with you...

EGGS Is there anything more beautiful than a hen's egg? Even if you don't like to eat them (and I really do), their biscuit-coloured porcelain shells and perfect shape always make me stop and study them, hold them in my hand and marvel at both their fragility and their strength. Boil one for three minutes and dip



a buttery soldier in, marvelling at the deep, molten gold yolk. Or crack it open, muddle with a fork and the culinary possibilities are endless.

The sound of primary school break time

The distant sound of little children running around outside, free to shout and laugh and sing before the bell rings and they have to go back into lessons.



CATCHING A TRAIN THAT I THOUGHT I'D MISS

Struggling with a heavy suitcase up a broken escalator, running as fast as my (not very long) legs will carry me, getting to the right platform, convinced I'll see my train pulling out of the station... But no, there it is, and people are still boarding. Puffing and sweating, I clamber aboard and collapse into a miraculously vacant seat. I feel euphoric!

SEA GLASS Those little 'pebbles' of brown, blue, green or clear glass that the sea has worn away, turning them in to smooth jewels that speckle some of our wonderful beaches. Even if I'm miles from the coast, I keep one in my

pocket. All I have to do is hold it to be transported to a wild, windy Cornish seaside day. I also have a jar full that I've collected over the years. One day, I will use them to make earrings or a necklace.

A GLASS OF WATER

Many years ago, a friend told me of his grandpa who had suffered terribly as a prisoner of war. Part of his torture was to be denied water for hours, even days, at a time, resulting in unbearable thirst. From the time of his release until his death many years later, he would rise in the middle of the night, go downstairs and fill a glass with water from the tap, then sit at the kitchen table and drink it slowly – simply because he could. Every time I have a drink, that story flutters across my mind and I remember a glass of water should not be taken for granted.

Cobwebs

Now, I know that some people don't like spiders, but even someone with severe arachnophobia can't fail to gasp at the beauty of a cobweb in the early morning sunlight, bejewelled with dew, sparkling like a chic diamond necklace dangling on a hedgerow.

Opening a new magazine for the first time

Far be it for me to suggest which magazine you might choose, but I just love that moment when I open the front cover of the latest issue of Prima. There's always something to grab my attention, such as an article on how to dress taller for short women,



recipes for easy suppers, things to make and all sorts of fascinating thoughts from lots of inspirational women!

AND THAT REMINDS ME OF SOMETHING ELSE THAT MAKES ME HAPPY –

hearing from you. Gaby, Prima's editor, always forwards your letters and emails on to me. I really do love hearing from you, so please keep in touch!

Love from Caroline x

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